

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Comparing face to face training to pamphlets based on health belief model on preventive factors of osteoporosis in postmenopausal women

Protocol summary

Summary

This study compared the effectiveness of face to face training and pamphlets based on health belief model on preventive factors of osteoporosis in postmenopausal women will do . Inclusion criteria : age range of women 45 to 60 years , amenorrhea for a year , having reading and writing ; diagnosis of osteoporosis ; ability to perform physical activities and exclusion criteria : the reluctance of women to participate in the study, special diet (DM , chronic kidney disease , adrenal disease , cancer) and broken . This study was conducted on 140 postmenopausal women. In face to face training, education and individual and face to face training sessions will take maximum 60 minutes . In group -based educational pamphlets, educational pamphlets, samples will be provided no explanation . After execute and complete information on the management of postpartum hemorrhage qualified students in the two groups before and 1 month of intervention is determined and compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013060310661N3**

Registration date: **2013-12-18, 1392/09/27**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-12-18, 1392/09/27

Registrant information

Name

Farzaneh Rashidi Fakari

Name of organization / entity

Faculty of midwifer & nursing mashhad

Country

Iran (Islamic Republic of)

Phone

+98 51 1859 1511

Email address

rashidif901@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2013-09-20, 1392/06/29

Expected recruitment end date

2013-12-21, 1392/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing face to face training to pamphlets based on health belief model on preventive factors of osteoporosis in postmenopausal women

Public title

Education on the prevention of osteoporosis in postmenopausal women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: women, age range 45 to 60 years; amenorrhea for a year, have at least read and write , no diagnosis of osteoporosis , the ability to perform physical activities Exclusion criteria: Women's unwillingness to participate in the study, special diets (diabetes , chronic kidney disease , adrenal disease , cancer) ; fracture

Age

From **45 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **140**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Mashhad University of Medical Sciences

Street address

Building Qureshi, Daneshgah Avenue

City

Mashhad

Postal code**Approval date**

2013-04-13, 1392/01/24

Ethics committee reference number

910206

Health conditions studied**1****Description of health condition studied**

Osteoporosis

ICD-10 code

M81

ICD-10 code description

Osteoporosis without pathological fracture

Primary outcomes**1****Description**

osteoporosis

Timepoint

Before the intervention, one month after the intervention

Method of measurement

questionnaire of the researcher made

Secondary outcomes

empty

Intervention groups**1****Description**

Training in face to face Group is face-to-face and individual to sessions will take maximum 60 minutes. Define the content of training in the field of osteoporosis, its causes, effects and prevention methods are based on the health belief model.

Category

Prevention

2**Description**

Pamphlets on education, educational pamphlets were given no explanation, to be the pamphlet containing the definition of osteoporosis, its causes, effects and prevention methods are based on the health belief model

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Health centers in Mashhad

Full name of responsible person

Naser Amini

Street address

Vakil Abad

City

Mashhad

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Research Mashhad University

Street address

Building Qureshi, Daneshgah Avenue

City

Mashhad

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Mashhad University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Farzaneh Rashidi

Position

Student of Msc

Other areas of specialty/work**Street address**

Mashhad-Crossroads doktora

City

Mashhad

Postal code**Phone**

+98 51 1859 1511

Fax**Email**

rashidif66@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Faculty of Nursing and Midwifery of Mashhad

Full name of responsible person

Farzaneh Jaafarnezhad

Position

Msc of midwifery

Other areas of specialty/work**Street address**

Cross Doctor

City

Mashhad

Postal code**Phone**

+98 51 1859 1511

Fax**Email**

jaafarnezhadf@mums.ac.ir

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Farzaneh Rashidi

Position

Student of Msc

Other areas of specialty/work**Street address**

Crossroads Doktora

City

Mashhad

Postal code**Phone**

+98 51 1859 1511

Fax**Email****Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty