

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jul 2026

### The Effect of Health Belief Model-Based Training on Prostate Cancer Screening Behaviors among the Retired Clerks of Shiraz Department of Education in 2013; A randomized Controlled Clinical Trial

#### Protocol summary

##### Summary

We aimed to investigate the effects of health belief model (HBM)-based training on prostate cancer screening behaviors. Inclusion criteria : no history of prostate cancer and benign prostatic hyperplasia; age of 50 to70 . exclusion criteria : absence in training sessions ; participation in similar training courses. In this non-blinded randomized controlled clinical trial, we enrolled 210 men aged 50-70 during fall to winter 2013. We selected our participants from the population of men, who were retired from Shiraz Department of Education. Balanced block randomization method was used to randomize the final participants, who had inclusion criteria into case (n=93) and control (n=87) groups. they attended training workshops consisted of two four-hour sessions for two days, in groups of 15 participants based on HBM and with respect to belief and awareness need assessment. During the sessions, they were trained about the anatomy and function of prostate, risk factors, symptoms and complications of prostate cancer and methods of prostate cancer screening as well as its benefits and disadvantages. The researcher used educational methods such as lecture, group discussion, question and answer session, educational movies and booklets. Control group did not receive training. Data were collected by interviewing the participants using three questionnaires included BMH and the Knowledge about Prostate Cancer Screening questionnaires as well as demographic questionnaire at before and one month after intervention. For the assessment of prostate cancer screening, All of the men in the intervention group gave free referral form for consultation with a urologist and prostate cancer screening .

#### General information

##### Acronym

Prostate Cancer Screening

##### IRCT registration information

IRCT registration number: **IRCT2013090911691N3**

Registration date: **2014-04-09, 1393/01/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-04-09, 1393/01/20

##### Registrant information

###### Name

Fariba Ghodsbin Jahromi

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1647 4250

###### Email address

ghodsbin@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Shiraz University of Medical Sciences

##### Expected recruitment start date

2013-10-03, 1392/07/11

##### Expected recruitment end date

2013-12-05, 1392/09/14

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**

empty

**Scientific title**

The Effect of Health Belief Model-Based Training on Prostate Cancer Screening Behaviors among the Retired Clerks of Shiraz Department of Education in 2013; A randomized Controlled Clinical Trial

**Public title**

The Effect of Health Belief Model-Based Training on Prostate Cancer Screening Behaviors among the Retired Clerks of Shiraz Department of Education in 2013; A randomized Controlled Clinical Trial

**Purpose**

Screening

**Inclusion/Exclusion criteria**

Inclusion criteria :willingness to participate in the study; completing written informed consent;no history of prostate cancer and benign prostatic hyperplasia; age of 50 to70 and lack of severe vision and hearing impairment. exclusion criteria : absence in training sessions ; participation in similar training courses.

**Age**

From **55 years** old to **70 years** old

**Gender**

Male

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **210**

**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**

Medical Ethics Committee of Shiraz University of Medical Sciences

**Street address**

Zand Bld.Vice chancellor of Shiraz university of medical sciences

**City**

Shiraz

**Postal code****Approval date**

2013-09-02, 1392/06/11

**Ethics committee reference number**

ct-92-6721

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

Prostate cancer

**ICD-10 code**

c61

**ICD-10 code description**

Malignant neoplasm of prostate

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

Knowledge

**Timepoint**

One month after the intervention

**Method of measurement**

Prostate Cancer Screening Knowledge Questionnaire

**Secondary outcomes****1****Description**

Health Belief Model component

**Timepoint**

One month after the intervention

**Method of measurement**

HBM questionnaire screening for prostate cancer

**2****Description**

Screening behavior

**Timepoint**

One and three months after intervention

**Method of measurement**

Participation in free screening programs

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

During the sessions, they Will be trained about the anatomy and function of prostate, risk factors, symptoms and complications of prostate cancer and methods of prostate cancer screening as well as its benefits and disadvantages they will attend training workshops consisted of two four-hour sessions for two days, in groups of 15 participants based on HBM and with respect to belief and awareness need assessment.All the

participants in the case group Will receive referral forms for free consultation with an urologist and prostate cancer screening And then a month and three-month follow-up for the free screening program .

#### Category

Early detection

## 2

#### Description

Control group no intervention

#### Category

Early detection

## Recruitment centers

## 1

#### Recruitment center

##### Name of recruitment center

Shiraz general department of retirement

##### Full name of responsible person

Maryam zare

##### Street address

Parseh square,Pasargad Blvd,Paeze street,1salamat complex,6th floor,unit 24

##### City

Shiraz

## Sponsors / Funding sources

## 1

#### Sponsor

##### Name of organization / entity

Research Deputy of Shiraz University of Medical Science

##### Full name of responsible person

Dr Gholam Reza Hattam

##### Street address

Zand Bld, 7th Floor Research Deputy of Shiraz University of Medical Sciences

##### City

Shiraz

##### Grant name

##### Grant code / Reference number

##### Is the source of funding the same sponsor organization/entity?

Yes

##### Title of funding source

Research Deputy of Shiraz University of Medical Science

##### 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

Shiraz University of Medical Sciences

##### Full name of responsible person

Fariba Ghodsbin

##### Position

Ms Nursing

##### Other areas of specialty/work

##### Street address

Namazi Square,School of Nursing & Midwifery

##### City

Shiraz

##### Postal code

##### Phone

+98 71 1647 4251

##### Fax

+98 71 1647 4252

##### Email

Ghodsbin @sums.ac.ir

##### Web page address

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Full name of responsible person

Fariba Ghodsbin

##### Position

MSc in Nursing

##### Other areas of specialty/work

##### Street address

Namazi Square,School of Nursing & Midwifery

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## Person responsible for updating data

#### Contact

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Full name of responsible person

Maryam zare

##### Position

MSc in Nursing

##### Other areas of specialty/work

##### Street address

Parseh square,Pasargad Blvd,Paeze street,1salamat complex,6th floor,unit 24

##### City

Shiraz

**Postal code**  
7177951168  
**Phone**  
**Fax**  
**Email**  
Maryam\_zare63@yahoo.com  
**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