

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The effect of educational intervention based on Planned Behavior Theory using Workshop on preventive nutritional behaviors of diabetes type2 in adolescents girl

Protocol summary

Summary

In this study, using the theory of planned behavior to design and implement a training program to enhance the nutritional behavior in order to prevention of diabetes type 2 have been among secondary school students. This is a semi-experimental study. Two girls' schools were selected among guidance schools and then two classes from every schools, intervention group(n=50) and control group(n=50) were considered. Before and 1 month after the intervention, participants completed questionnaires and intervention was carried out using the theory of planned behavior. Nutritional behaviors of students before and after the intervention were compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013031712382N2**

Registration date: **2013-05-10, 1392/02/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-05-10, 1392/02/20

Registrant information

Name

Zahra Rahnavard

Name of organization / entity

Tehran University of Medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6105 4206

Email address

zrahnavard@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Nursing faculty of Tehran university of Medical Sciences

Expected recruitment start date

2012-10-22, 1391/08/01

Expected recruitment end date

2013-01-20, 1391/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on Planned Behavior Theory using Workshop on preventive nutritional behaviors of diabetes type2 in adolescents girl

Public title

Prevention of diabetes

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Girls who are 11-14 years old; They didn't have any education about prevention of diabetes; They didn't have special disease like heart disease and disability Exclusion criteria: Did not attend any of educational sessions; they did not wish to continue the study

Age

From **11 years** old to **14 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample sizeTarget sample size: **100****Randomization (investigator's opinion)**

N/A

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

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

Tehran University of Medical Sciences

Street address

Nosrat street, Tohied square

City

Tehran

Postal code**Approval date**

2012-08-06, 1391/05/16

Ethics committee reference number

973/130/91/3

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

Nutritional behaviors

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

preventive nutritional behaviors

Timepoint

Preintervention and 1 month later

Method of measurement

questionare

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

behavior

Timepoint

Preintervention and 1 month later

Method of measurement

Questionnair

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

Educational interventions such as workshop , peer education, educational booklets , design pamphlets, lectures, individual and group counseling with students and their parents was conducted

Category

Prevention

2**Description**

The control group received no intervention.

Category

N/A

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

Somaye Guidance school

Full name of responsible person

Zahra Rahnavard

Street address

Tohid Square

City

Tehran

2**Recruitment center****Name of recruitment center**

Omide enghelab Guidance school

Full name of responsible person

Zahra Rahnavard

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

Nursing Faculty of Tehran University of Medical Sciences

Full name of responsible person

Ziba Taghizadeh

Street address

Nosrat street, Tohid square

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Tehran

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

Yes

Title of funding source

Nursing Faculty of Tehran 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****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Zahra Rahnavard

Position

Associate

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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*