Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Investigation of health education based on health belief model on prevention of unhealthy weight control behaviors in girl Adolescences aged 13-15

Protocol summary

Summary

This is a quasi-experimental study. The purpose of this study is evaluation of the effectiveness of health education based on health belief model on prevention of unhealthy weight control behaviors in female adolescents. Inclusion criteria:Not trained in the field of prevention of unhealthy weight control behaviors in the last 6 months. Have not history of unhealthy weight control behaviors. Wishing to participate in the study. Exclusion criteria:During the implementation of the study, students participate in another research with the same subject.Be absent in one of the training sessions. Samples are consisted of 160 female students from 4 high first schools of Karaj city. Karaj city includes 4 educational ereas.1 school will be selected at random from each region(2 schools as intervention groups and 2 as control groups). Visit the selected schools and the questionnaire (Part I and II) will be available to students. Of those who have entry criteria, select 50% from each school for a quota based on the volume of the sample. Intervention is education based on health belief model that will be presented to students by lecturing, questioning and answering format in the intervention groups. Data will be collected using self-reported questionnaire before and 8 weeks after education. The data both before and after training, will be examined.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015081912382N15**
Registration date: **2015-11-16, 1394/08/25**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-11-16, 1394/08/25

Registrant information

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Name of organization / entity

Tehran University of Medical sciences

Country

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2015-11-03, 1394/08/12

Expected recruitment end date

2016-01-16, 1394/10/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation of health education based on health belief model on prevention of unhealthy weight control behaviors in girl Adolescences aged 13-15

Public title

prevention of unhealthy weight control behaviors

Purpose

Prevention

Inclusion/Exclusion criteria
The inclusion criteria: Not trained in the field of prevention of unhealthy weight control behaviors in the last 6 months. Have not history of unhealthy weight control behaviors. Wishing to participate in the study. Exclusion criteria: Be absent in one of the training sessions. During the implementation of the study, students participate in another research with the same subject.
Age
From **13 years** old to **15 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **160**
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
Ethical Review Commitee of Tehran University of Medical Sciences
Street address
6th floor, Central building of Tehran University of Medical Sciences,Ghods St., Keshavarz Blvd.
City
Tehran
Postal code
Approval date
2015-06-21, 1394/03/31
Ethics committee reference number
IR.TUMS.REC.1394.208

Health conditions studied

1

Description of health condition studied
unhealthy weight control behaviors
ICD-10 code
R63.4
ICD-10 code description
abnormal weight loss

Primary outcomes

1

Description
Component H.B.M (sensitivity, severity,benefit, barrier) perceived
Timepoint
Preintervention and 8 weeks later
Method of measurement
Component model questionnaire

Secondary outcomes

1

Description
adolescents self efficacy in preventing unhealthy weight control behaviors
Timepoint
Preintervention and 8 weeks later
Method of measurement
Self efficacy questionnaire

Intervention groups

1

Description
The intervention group will train based on the health belief model through lecture and Q & A group discussions. Educational program Contains status of unhealthy weight control behaviors among adolescents, short-term and long-term effects of unhealthy weight control behaviors, the positive effects of healthy weight control behaviors and breaking unhealthy weight control behaviors and check out information and myths about weight control.
Category
Other

2

Description
In the control group,adolescents in the initiation of intervention and 8 weeks after intervention fill out the questionnaire. Control group dont recieve any intervention.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center

Department of Education of Karaj
Full name of responsible person
Sara Sadat Hoseini Esfidarjani
Street address
City
Karaj

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research, Tehran University of Medical Sciences
Full name of responsible person
Ziba Taghizadeh
Street address
School of Nursing and Midwifery, Tehran University of Medical Sciences, Nosrat Ave., Tohid Sq.
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research, 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

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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