

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 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 areas. 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

Name

Zahra Rahnavard

Name of organization / entity

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+98 21 6105 4206

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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 Committee 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 don't receive 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
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sarahoseini543@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact

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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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Name of organization / entity
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Person responsible for updating data

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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