

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jul 2026

### Effect of educational programs based on social cognition theory on increase healthy snacks consumption among children 1-5 years old

#### Protocol summary

##### Summary

The aim of the present study is to assess the effects of an educational program based on Social- Cognition Theory (SCT) to increase consumption of healthy snacks in 1-5 year children. In this study 126 eligible mothers from 6 health centers (3 health center for intervention group and 3 health center for control group) in Hamedan will be randomly allocated to intervention and control groups. The participants with the following criteria will be included in the study: having 1-5 year old child; having an active medical recode in the health center; voluntarily participate in the study. The participants with each one of the following criteria will be excluded from the study: absence from educational session more than twice, migration. For mothers of intervention group 4 education sessions based on proper strategies to change SCT constructs will be hold during two weeks. Each session lasted about 45 minutes. A reminder of motivational message will be given to intervention group 30 days after the intervention. Main outcome measures: demographic variables, SCT constructs, and child's frequency of healthy and unhealthy snacks consumption. These variables will be measured at baseline, 10 days after intervention, and 2 months after the intervention.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013062912456N2**  
Registration date: **2013-07-11, 1392/04/20**  
Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2013-07-11, 1392/04/20

#### Registrant information

##### Name

Akram Karimi-Shahanjarini

##### Name of organization / entity

Hamedan University of Medical Science

##### Country

Iran (Islamic Republic of)

##### Phone

+98 81 1838 0583

##### Email address

karimi.a@umsha.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Vic-chancellor of Research and Technology, Hamadan University of Medical Sciences

#### Expected recruitment start date

2013-08-27, 1392/06/05

#### Expected recruitment end date

2013-12-06, 1392/09/15

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Effect of educational programs based on social cognition theory on increase healthy snacks consumption among children 1-5 years old

#### Public title

Educational intervention and healthy snacks

#### Purpose

Prevention

#### Inclusion/Exclusion criteria

The participants with the following criteria will be included in the study: having 1-5 year old child; having an active medical recode in the health center; voluntarily

participate in the study. The participants with each one of the following criteria will be excluded from the study: absence from educational session more than twice, migration.

**Age**

No age limit

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **126**

**Randomization (investigator's opinion)**

Randomized

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

Single blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

Hamadan University of Medical Science

**Street address**

Hamadan University of Medical Sciences, Shaheed Fahmideh Ave Hamadan

**City**

Hamadan

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

2013-06-12, 1392/03/22

**Ethics committee reference number**

d/p/16/35/9/760

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

Healthy snacks consumption

**ICD-10 code**

Z72.4

**ICD-10 code description**

Inappropriate diet and eating habits

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

Healthy snacks frequency

**Timepoint**

baseline, 10 days after intervention, 2 months after intervention

**Method of measurement**

questionnaire

**2****Description**

Outcome expectancy

**Timepoint**

Ten days after intervention, two months after intervention

**Method of measurement**

Questionnaire

**3****Description**

Knowledge

**Timepoint**

Ten days after intervention, two months after intervention

**Method of measurement**

Questionnaire

**4****Description**

self-efficacy

**Timepoint**

Ten days after intervention, two months after intervention

**Method of measurement**

Questionnaire

**5****Description**

availability

**Timepoint**

Ten days after intervention, two months after intervention

**Method of measurement**

Questionnaire

**6****Description**

observational learning

**Timepoint**

Ten days after intervention, two months after intervention

**Method of measurement**

Questionnaire

## Secondary outcomes

### 1

#### Description

unhealthy snacks consumption

#### Timepoint

baseline, 10 days after intervention, 3 months after intervention

#### Method of measurement

questionnaire

## Intervention groups

### 1

#### Description

Intervention group: Four 45- minute education sessions during two weeks based on proper strategies to change in SCT constructs including: - Persuasive messages and giving information through lecture, group discussion, and booklet, -Self monitoring, and goal setting through booklet home assignments after each and booklet - Persuasive messages through Telephone / text-message reminders 30 days after the last session of intervention

#### Category

Prevention

### 2

#### Description

Control group: Booklet after the second post test

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

No. 1 Sameei health center

##### Full name of responsible person

##### Street address

##### City

Hamedan

### 2

#### Recruitment center

##### Name of recruitment center

No. 9 Sameei health center

##### Full name of responsible person

Hamedan

##### Street address

Hamedan

##### City

Hamedan

### 3

#### Recruitment center

#### Name of recruitment center

Farhangian health center

#### Full name of responsible person

#### Street address

#### City

Hamedan

### 4

#### Recruitment center

##### Name of recruitment center

Etemadieh health center

##### Full name of responsible person

##### Street address

##### City

Hamedan

### 5

#### Recruitment center

##### Name of recruitment center

Shahid Madani health center

##### Full name of responsible person

##### Street address

##### City

Hamedan

### 6

#### Recruitment center

##### Name of recruitment center

No. 10 Sameei health center

##### Full name of responsible person

##### Street address

Hamedan

##### City

Hamedan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vic-chancellor of Research and Technology, Hamadan University of Medical Sciences

##### Full name of responsible person

Dr Ahmad Tavilani

##### Street address

Hamedan University of Medical Sciences

##### City

Hamedan

#### Grant name

از محل يك درصد بودجه طرحهاي تحقيقاتي دانشگاه

#### Grant code / Reference number

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

Yes

#### Title of funding source

Vic-chancellor of Research and Technology, Hamadan 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*

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## Person responsible for general inquiries

### Contact

**Name of organization / entity**  
Hamedan University of Medical Sciences  
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Akram Karim  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**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*