

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

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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

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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