

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 2026

### The impact of educational program based on health belief model on knowledge and attitude of female students in Tehran University of Medical Sciences dormitories about prevention of internet addiction

#### Protocol summary

##### Summary

Internet addiction is a health problem and internet abuse can have health consequences for students. This research is a semi- experimental one with the aim of assessing effectiveness of educational intervention based on HBM model in female college students living in dormitories. The questionnaire included demographic characteristics and HBM constructs and validity and reliability of the questionnaire will be achieved during the study. Cluster sampling method will be used. After pretest, subjects will be classified to two intervention and control groups. Educational programming based on Model will be performed for intervention group and after four months post tests will be examined. Finally data extracted from pre and post test will be compared.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013021312460N1**

Registration date: **2013-04-05, 1392/01/16**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2013-04-05, 1392/01/16

##### Registrant information

###### Name

Roya Sadedgi

###### Name of organization / entity

Tehran University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 912 327 5692

###### Email address

sadeghir@tums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Research vice chancellor

###### Expected recruitment start date

2013-04-04, 1392/01/15

###### Expected recruitment end date

2013-09-06, 1392/06/15

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The impact of educational program based on health belief model on knowledge and attitude of female students in Tehran University of Medical Sciences dormitories about prevention of internet addiction

###### Public title

The impact of educational program based on health belief model on knowledge and attitude of female students in Tehran University of Medical Sciences dormitories about prevention of internet addiction

###### Purpose

Basic science

###### Inclusion/Exclusion criteria

Inclusion criteria: student, living in dormitories, age 15-80. Exclusion criteria: Not having informed consent to participate in the study.

###### Age

From **18 years** old to **50 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**

Tehran University of Medical Sciences

**Street address**

Department of Health Education & Promotion , School of Public Health, Tehran University of Medical Sciences, Enghelab Ave., Poursina Ave.

**City**

Tehran

**Postal code**

14155-6446

**Approval date**

2013-04-07, 1392/01/18

**Ethics committee reference number**

81290

**Health conditions studied**

1

**Description of health condition studied**

Internet Addiction

**ICD-10 code**

z86.5

**ICD-10 code description**

Personal history of other mental and behavioural disorders

**Primary outcomes**

1

**Description**

Internet Addiction

**Timepoint**

before of intervention and four months after intervention

**Method of measurement**

Questionnaire

**Secondary outcomes**

1

**Description**

knowledge and attitude about internet addiction

**Timepoint**

before intervention and four months after intervention

**Method of measurement**

Questionnaire

**Intervention groups**

1

**Description**

In intervention group, we will talk about internet addiction and its side effects using lecture, group discussion and question and answer methods.

**Category**

Lifestyle

2

**Description**

We will make no intervention in control group.

**Category**

N/A

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

female dormitories

**Full name of responsible person**

**Street address**

**City**

Tehran

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Dr. Akbar Fotohi

**Street address**

Tehran University of Medical Sciences

**City**

Tehran

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

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****Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Dr. Roya Sadeghi

**Position**

Assistant Professor

**Other areas of specialty/work****Street address**

Tehran

**City**

Tehran

**Postal code****Phone**

+98 21 4293 3210

**Fax****Email**

sadeghir@tums.ac.ir

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Dr. Roya Sadeghi

**Position**

PhD

**Other areas of specialty/work****Street address**

Tehran University of Medical Sciences

**City**

Tehran

**Postal code****Phone**

+98 21 4293 3210

**Fax****Email**

Sadeghir@tums.ac.ir

**Web page address****Person responsible for updating data****Contact****Name of organization / entity****Full name of responsible person****Position****Other areas of specialty/work****Street address****City****Postal code****Phone**

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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*