

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jul 2026

### Evaluating impact of an educational program to promote healthy nutritional behavior in 20-49 year- old women

#### Protocol summary

##### Summary

This study aimed at assessing the effectiveness of educational intervention to promote healthy nutritional behavior in women aged 20-49, six months after intervention. Inclusion criteria: Healthy women aged 20-49 without special diet; residing in Tehran; referring to Homes Health and Neighborhood Houses and consent to participation in study. Exclusion criteria: Having special diet. Population study is healthy women aged 20-49 living in Tehran that are referring to Homes Health and Neighborhood Houses. Sample size is 110; 105 in intervention group and 105 in control group. In intervention group, the following measures will be done: holding educational classes in order to increase social support, self-efficacy, self-regulation and educational of healthy nutritional behavior included Increase consumption of fruit and vegetables, decrease consumption of fat, sugar and Foods high in salt for women. The time of study will be from 2015/8/8 to 2016/3/5. Outcome of study: promoting healthy nutritional behavior in women.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015042512460N6**

Registration date: **2015-05-03, 1394/02/13**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2015-05-03, 1394/02/13

##### 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

Tehran University of Medical Sciences

##### Expected recruitment start date

2015-08-08, 1394/05/17

##### Expected recruitment end date

2016-03-05, 1394/12/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Evaluating impact of an educational program to promote healthy nutritional behavior in 20-49 year- old women

##### Public title

Evaluation of an educational program to promote healthy nutritional behavior in women

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Healthy women aged 20-49 without special diet; residing in Tehran; referring to Homes Health and Neighborhood Houses and consent to participation in study Exclusion criteria: Having special diet.

##### Age

From **20 years** old to **49 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 210

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

A cross sectional study will be done before the intervention. In second stage of the study, 22 regions of Tehran will be divided into 5 regions: north, south, east, west and center. From each region one center will be selected as intervention group and one as control group randomly and samples will be divided between centers.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Tehran University of Medical sciences

##### Street address

Main building of Tehran University of Medical sciences

##### City

Tehran

##### Postal code

#### Approval date

2015-01-17, 1393/10/27

#### Ethics committee reference number

131264- 8921108011

## Health conditions studied

### 1

#### Description of health condition studied

Factors influencing health status and contact with health services

#### ICD-10 code

Z00-Z99

#### ICD-10 code description

افراد در معرض خطر بیماری های غیر واگیر

## Primary outcomes

### 1

#### Description

Healthy nutritional behavior in women

#### Timepoint

Before and 6 months after the intervention

#### Method of measurement

Healthy nutritional behavior questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

In intervention group, the following measures will be done: holding educational classes in order to increase social support, self-efficacy, self-regulation and educational of healthy nutritional behavior included Increase consumption of fruit and vegetables, decrease consumption of fat, sugar and Foods high in salt for women.

#### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Homes Health and Neighborhood Houses, Tehran

##### Full name of responsible person

Samaneh zamani

##### Street address

Golha Square, Shahid Gornam Highway, Before Kordestan Highway, Culture and Art Organization of Tehran Municipality

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Educational vice chancellor of Tehran University of Medical Sciences

##### Full name of responsible person

Dr.Mohammad Jalili

##### Street address

Main building of 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**

Educational vice chancellor of 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**

Department of Health Education and Promotion,  
School of Public Health, Tehran University of Medical

**Full name of responsible person**

Maryam Mohammadi Nasrabadi

**Position**

PhD(Health Education and Health Promotion)  
candidate

**Other areas of specialty/work**

**Street address**

Department of Health Education and Promotion,  
School of Public Health, Poursina Ave., Qods Ave

**City**

Tehran

**Postal code**

**Phone**

+98 21 8859 9888

**Fax**

**Email**

m.mohammadinasr@yahoo.com

**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- Member of Scientific Board

**Other areas of specialty/work**

**Street address**

Department of Health Education and Promotion,  
School of Public Health, Poursina Ave., Qods Ave.

**City**

Tehran

**Postal code**

**Phone**

+98 21 8859 9888

**Fax**

**Email**

Sadeghir@tums.ac.ir

**Web page address**

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Department of Health Education and Promotion,  
School of Public Health, Tehran University of Medical

**Full name of responsible person**

Maryam Mohammadi Nasrabadi

**Position**

PhD(Health Education and Health Promotion)  
candidate

**Other areas of specialty/work**

**Street address**

Department of Health Education and Promotion,  
School of Public Health, Poursina Ave., Qods Ave

**City**

Tehran

**Postal code**

**Phone**

+98 21 8859 9888

**Fax**

**Email**

m.mohammadinasr@yahoo.com

**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*