Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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)

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+98 912 327 5692

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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 devided between centers.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committe 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 Gomnam 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 Scirnces
Full name of responsible person
Dr.Mohammad Jalili
Street address
Main building of Tehran University of Medical Scirnces
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 Scirnces
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
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PhD(Health Education and Health Promotion) candidate
Other areas of specialty/work
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Dr. Roya Sadeghi
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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