Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of educational intervention based on Social Cognitive Theory to improve health promoting behaviors and general heath among transportation terminals' personnel of Tehran city in 2017-2018

Protocol summary

Summary

This study aimed at the effect of educational intervention based on Social Cognitive Theory to improve health promoting behaviors and general heath among transportation terminals' personnel of Tehran city in 2017-2018. Inclusion criteria: Employed in the Tehran transportation terminals except drivers; confirming non mental illness and consented to participate in the study and Exclusion criteria: having two educational sessions absence at least. The study population was personnel of transportation terminals in Tehran city (East, Bayhaghi, West and South). One hundred and twenty staff were randomly selected which recruited half in intervention and control groups. After pretest, educational intervention based on social cognitive theory will conduct in four 45-60 minutes sessions in intervention group during two months. During educational sessions will try to provide an introduction to chronic diseases and their causes, the state of these diseases in the Iran and world, health promoting behaviors and its dimensions, their situation in the world and Iran and also barriers' reduction to improve health promoting behaviors in terms of the benefits and values of doing these behaviors. In the control group, the questionnaire will be completed by the person themselves and there will be no training for them. Post-test will be performed three months after intervention program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017020712460N13**
Registration date: **2017-09-18, 1396/06/27**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-09-18, 1396/06/27

Registrant information

Name
Roya Sadedgi
Name of organization / entity
Tehran University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Tehran University of Medical Sciences

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2018-03-21, 1397/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of educational intervention based on Social Cognitive Theory to improve health promoting behaviors and general heath among transportation terminals' personnel of Tehran city in 2017-2018

Public title

The Effect of educational intervention to improve health promoting behaviors and general heath among transportation terminals' personnel

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Employed in the Tehran transportation terminals except drivers; confirming non mental illness and consented to participate in the study and Exclusion criteria: having two educational sessions absence at least.

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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

Ethics Committee of Tehran University of Medical Sciences

Street address

Keshavarz Blvd, Poursina St., School of Public Health, Tehran University of Medical Sciences

City

Tehran

Postal code

Approval date

2017-08-06, 1396/05/15

Ethics committee reference number

IR.TUMS.SPH.REC.1396.3095

Health conditions studied

1

Description of health condition studied

Genreal health

ICD-10 code

Z58

ICD-10 code description

Problems related to physical environment

Primary outcomes

1

Description

Health promoting behaviors

Timepoint

Before and three months after intervention

Method of measurement

Questionnaire

2

Description

Social Cognetive theory constructs

Timepoint

Before and three months after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

General health

Timepoint

Before and three months later

Method of measurement

Questionnaire

Intervention groups

1

Description

In Intervention group, which will be held in the form of group training (using lectures, pamphlets and question and answer) for West and bayhaghi transportation Terminals personnel's during 45-60 minute sessions. The educational content will provide about an introduction to chronic diseases and their causes, the state of these diseases in the world and Iran, the health promoting behaviors and their dimensions, and their situation in the world and Iran and also barriers reduction to improve health promotive behaviors in terms of the benefits and values of doing these behaviors.

Category

Behavior

2

Description

In the control group, questionnaire will be asked to complete. There was no intervention for control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Organization of Terminals and Park Municipalities of Tehran

Full name of responsible person
Mr. Ebadi

Street address
Shahid Beheshti Street - Shaheed Ghanbarzadeh Street - Hoviseh Street and Khorramshahr Street - Shahid-e-Tahm Street-38

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research of Tehran University of Medical Sciences

Full name of responsible person
Masoud Younesian

Street address
Keshavarz Blvd, Corner of Quds Street, Central University

City
Tehran

Grant name

Grant code / Reference number

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

Title of funding source
Vice chancellor for research 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
Tehran University of Medical Sciences

Full name of responsible person
Dr. Roya Sadeghi

Position
Academic staff

Other areas of specialty/work

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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