Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of Peer Education on Quality of Life of Menopause Women Referred to Health Centers of Shiraz Medical Sciences University in 2012

Protocol summary

Summary

The effect of education on quality of life of menopause women referred to health centers of Shiraz medical sciences university in 2012 In this experimental study from two major health centers in Shiraz city, four centers will be chosen. Afterwards from every center thirty, 45-55 year old women will be selected who have menopausal symptoms, they don not have psychological problem, they don't use any treatment for menopausal symptoms and they are interested in participating in this study. All the women will fill the demographic and specific menopause questionnaire. Then they will be divided to two groups of experimental and control by random allocation. After that from each center one woman who is interested and has the power of speech and the ability of transforming the content will be selected and taught by the researcher as a peer educator within 6 sessions. Then each peer educator will transform the educated content within 6 consecutive week sessions to the rest of their cohort peers. The content includes menopause, menopause symptoms and the ways of coping with them. Quality of life of these women will be measured and compared during four times: before education, immediately after education ,one and two months after finishing the education

General information

Acronym

PE

IRCT registration information

IRCT registration number: **IRCT2013021312462N1**
Registration date: **2013-05-14, 1392/02/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-05-14, 1392/02/24

Registrant information

Name

Zeinab Ghaffari

Name of organization / entity

Shiraz Medical Sciences University

Country

Iran (Islamic Republic of)

Phone

+98 913 211 2276

Email address

ghaffariz@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2012-10-22, 1391/08/01

Expected recruitment end date

2012-11-20, 1391/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Peer Education on Quality of Life of Menopause Women Referred to Health Centers of Shiraz Medical Sciences University in 2012

Public title

The Effect of Peer Education on Qulity of Life of Menopuase Women

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:She must have menopausal symptoms;

She must not have psychological problem; She shoud not used any treatment for menopausal symtoms; She must have been interested in this study. Exclusion criteria: she will be excluded if she does not wish to continue; If she absences in more than one session; she will be deleted; suffering from physically or emotional disease during study, using hormone replacement therapy during study.

Age
From **45 years** old to **55 years** old

Gender
Female

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
Shiraz Medical Sciences University

Street address
Zand Street

City
Shiraz

Postal code

Approval date
2012-10-01, 1391/07/10

Ethics committee reference number
c-6409

Health conditions studied

1

Description of health condition studied
menopuase

ICD-10 code
N95.1

ICD-10 code description
Menopausal and female climacteric states

2

Description of health condition studied
quality of life

ICD-10 code
Z73

ICD-10 code description
Problem related to life-management difficulty, unspecified

Primary outcomes

1

Description
quality of life

Timepoint
befor, after, 1 month later and 2 month later

Method of measurement
Hildich menopause women quationaire

Secondary outcomes

empty

Intervention groups

1

Description
intervention group:peer education in intervention group

Category
Lifestyle

2

Description
no intervention in control group

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Ghamar Bani Hashem Health Center

Full name of responsible person

Street address
Sanaye Street

City
Shiraz

2

Recruitment center

Name of recruitment center
Sajadieh Siman Health Center

Full name of responsible person

Street address
Sajadieh Siman

City
Shiraz

3

Recruitment center
Name of recruitment center
Nader Kazemi Health Center
Full name of responsible person
Street address
Valie Asr Square
City
Shiraz

4

Recruitment center
Name of recruitment center
Javadieh Health Center
Full name of responsible person
Street address
Adel Abad
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz Medical Sciences University
Full name of responsible person
Fariba Ghodsbin
Street address
Zand Street
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz Medical Sciences University
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
Nursing and Midwifery College
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Zeinab Ghaffari
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Person responsible for scientific inquiries

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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