

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 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

2013-05-14, 1392/02/24

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't 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

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 Quality of Life of Menopause Women

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:She must have menopausal symptoms;

She must not have psychological problem; She should not use any treatment for menopausal symptoms; She must have been interested in this study. Exclusion criteria: she will be excluded if she does not wish to continue; If she is absent in more than one session; she will be deleted; suffering from physical 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

menopause

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

before, after, 1 month later and 2 months later

Method of measurement

Hildich menopause women questionnaire

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

Full name of responsible person

Zeinab Ghaffari

Position

Student of Nursing at M.S Degree

Other areas of specialty/work

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Fariba Ghodsbin

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Faculty Member

Other areas of specialty/work

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Other areas of specialty/work

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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