

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

The effect of a school based education on nutrition status and physical activity of grade 4 students of shiraz elementary schools

Protocol summary

Summary

We aim to assess the effect of school based education program on nutritional status of grade 4 primary students. The main inclusion criterion is studying in grade 4 of primary school. 140 participants are selected by cluster sampling. Educational program includes 2 different parts for children (6 lectures, posters and question and answer) and mothers (2 lectures, pamphlet and SMS). We use FFQ for nutrition assessment and a 7 day sedentary activity for physical activity assessment. Anthropometric indices are measured before and after intervention. Also 2 different questionnaires (include 14 questions for children and 8 questions for mothers) are used to assess mothers and children nutritional knowledge before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014021613080N2**

Registration date: **2014-04-13, 1393/01/24**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-04-13, 1393/01/24

Registrant information

Name

Shiva Faghih

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 1001

Email address

sh_faghih@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-10-22, 1392/07/30

Expected recruitment end date

2014-05-22, 1393/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of a school based education on nutrition status and physical activity of grade 4 students of shiraz elementary schools

Public title

Effect of nutrition education on students nutritional status

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: educating in grade4 of primary school; willing to cooperate; absence of diabetes, thyroid or kidney diseases; avoiding eating any drugs which affect metabolism. Exclusion criteria: missing 1/3 of educating sessions; missing more than 20% of questions.

Age

From **10 years** old to **10 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **140**

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 university of medical sciences

Street address

Zand St

City

Shiraz

Postal code

Approval date

2013-09-29, 1392/07/07

Ethics committee reference number

CT-P- 92-5022

Health conditions studied

1

Description of health condition studied

nutritional status

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Food intake

Timepoint

Before and after education

Method of measurement

Food Frequency Questionnaire

Secondary outcomes

1

Description

Weight

Timepoint

Before and after education

Method of measurement

Scale

Intervention groups

1

Description

Cases: 6 session of nutrition education and hanging posters about healthy eating for children and giving pamphlet and sending 6 SMS containing nutritional information for mothers

Category

Other

2

Description

Controls: no intervention was done

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shiraz Primary Schools

Full name of responsible person

Street address

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Health Sciences Research Center

Full name of responsible person

Dr Alireza Choobineh

Street address

Razi blvd

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Health Sciences Research Center

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

City

Shiraz

Postal code**Phone**

+98 71 1725 1004

Fax**Email**

sh_faghieh@sums.ac.ir

Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences, Department of
community nutrition

Full name of responsible person

Shiva Faghieh

Position

PhD- assistant professor

Other areas of specialty/work**Street address**

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Razi Blvd

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