

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

The Effect of a Health Belief Model Based Intervention on Osteoporosis Preventive Behaviors of High School Female Students

Protocol summary

Summary

In this study, the effect of education based on health belief model on preventive behaviors Osteoporosis Preventive Behaviors High school girl students will be studied. Methods: This is an interventional study with two groups, pre-test and post-test will be performed on 100 people of female high school students will be choosed by simplerandom sampling method who between 14 to 18 years old and Having the willingness to cooperate , Able to speak Persian and no obvious physical problem that may hinder research Exclusion Criteria have other inclusion criteria. Exclusion Criteria Will be included : Relinquishment from the study for any reason ; Morbidity to Specific illness or disability during the study ; Absenteeism over a meeting of intervention sessions the intervention . There are 50 groups of experimental and control groups.In three stages before the intervention, immediately after intervention and three months after intervention will be evaluated .The intervention (education based on health belief model) will be performed on case group samples. Health Belief will also measured by using standard HBM questionnaire. Data analysis method: Data will be analyzed and interpreted with SPSS 16 software

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013070313851N1**
Registration date: **2013-09-24, 1392/07/02**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-09-24, 1392/07/02

Registrant information

Name

Seyedeh Fatemeh Bashirimoosavi

Name of organization / entity

University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Guilan University of medical sciences,Iran

Expected recruitment start date

2013-04-08, 1392/01/19

Expected recruitment end date

2013-04-23, 1392/02/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of a Health Belief Model Based Intervention on Osteoporosis Preventive Behaviors of High School Female Students

Public title

The Effect of a Health Belief Model Based Intervention on Osteoporosis Preventive Behaviors

Purpose

Prevention

Inclusion/Exclusion criteria

usion criteria:High School Female Students Aged 18 to 14 years That ; Willing to cooperate ; Speaking Persian ; no obvious physical problem that may hinder research

Exclusion Criteria: Relinquishment from the study for any reason ; Morbidity to Specific illness or disability during the study ; Absenteeism over a meeting of intervention sessions

Age

From **14 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Guilan University of Medical Sciences

Street address

Guilan University of Medical Sciences Building , in front of azodi Stadiums , Nmjoo Ave , Rasht

City

Rasht

Postal code

Approval date

2013-06-17, 1392/03/27

Ethics committee reference number

4920101211

Health conditions studied

1

Description of health condition studied

osteoporosis

ICD-10 code

M81.8

ICD-10 code description

Other osteoporosis

Primary outcomes

1

Description

knowledge

Timepoint

before the intervention , Immediately after the intervention , Three month after the intervention

Method of measurement

Standard questionnaire

2

Description

physical activities

Timepoint

before the intervention , Immediately after the intervention , Three month after the intervention

Method of measurement

Results from pedometr & IPAQ questionnaire

3

Description

Calcium intake

Timepoint

before the intervention , Immediately after the intervention , Three month after the intervention

Method of measurement

Results from FFQ questionnaire

4

Description

perceived susceptibility

Timepoint

before the intervention , Immediately after the intervention , Three month after the intervention

Method of measurement

Scores of students participating to answer perceived susceptibility questions

5

Description

perceived severity

Timepoint

before the intervention , Immediately after the intervention , Three month after the intervention

Method of measurement

Scores of students participating to answer perceived severity questions

6

Description

perceived benefits

Timepoint

before the intervention , Immediately after the intervention , Three month after the intervention

Method of measurement

Scores of students participating to answer perceived

benefits questions

7

Description

Perceived Barriers

Timepoint

before the intervention , Immediately after the intervention , Three month after the intervention

Method of measurement

Scores of students participating to answer Perceived Barriers questions

8

Description

self-efficacy

Timepoint

before the intervention , Immediately after the intervention , Three month after the intervention

Method of measurement

Scores of students participating to answer self-efficacy questions

Secondary outcomes

1

Description

body mass index

Timepoint

before the intervention

Method of measurement

the body mass index calculate students of Respective Formula

2

Description

Weight

Timepoint

before the intervention

Method of measurement

Each participant's weight measured by the balance

3

Description

Length

Timepoint

before the intervention

Method of measurement

Each participant's height by measuring tape

Intervention groups

1

Description

The main intervention including health education based on health belief model about preventive behaviors of osteoporosis will be done on case group samples

Category

Prevention

2

Description

No intervention were assigned to the control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Tarom City Department of Education

Full name of responsible person

Asghar heydari , Teaching Assistant

Street address

Zanjan , county Tarom , City Abbar , Department of Education

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Guilan University of Medical Sciences

Full name of responsible person

mrs komae

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University Research and TechnologyAssistance Building , End of Aerial Bridge , emam hosean Blv , rasht

City

rasht

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Guilan 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

Guilan University Of Medical Sciences

Full name of responsible person

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Position

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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