

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Sep 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

###### Country

Iran (Islamic Republic of)

###### Phone

+98 24 2288 3878

###### Email address

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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**

Abbar

## **Sponsors / Funding sources**

## 1

### **Sponsor**

#### **Name of organization / entity**

Guilan University of Medical Sciences

#### **Full name of responsible person**

mrs komae

#### **Street address**

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