

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

The effect of peer education approach on the knowledge and Attitude of female students toward puberty health

Protocol summary

Summary

This was a before and after interventional study conducted on 282 female students from 4 high schools of district 3 in Isfahan in 2013. They were divided into two groups of intervention and control each containing 141 students from different grades of high school. The sampling method in both groups was simple sampling. Inclusion criteria for the control group: Willingness to participate in the study. Exclusion criteria: Unwillingness to participate in the study at any given time through the study. Inclusion criteria for the intervention group: Not having any mental diseases according to their school files. Exclusion criteria: Being absent from school for more than a week during peer education period, Occurrence of events that could affect their learning abilities. Training program was based on peer education approaches. 35 students from schools of the intervention group were selected purposefully by consulting school authorities and using a check list from the same classes of the intervention group. After sampling pretest was conducted on both groups using a researcher made questionnaire. Then the selected peer group was trained during 3 90-minute sessions. Educational content included the anatomy and function of the reproductive system, changes in physical health, mental-social changes, sexually transmitted diseases, AIDS, and decision making and self-control skills that were taught by a midwife and a psychologist. Then the selected group trained the intervention group informally for 6 weeks. After the training a post test was conducted on both groups using the same questionnaire as the pretest to evaluate the knowledge and approach toward puberty health.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013072414147N1**

Registration date: **2015-01-31, 1393/11/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-31, 1393/11/11

Registrant information

Name

mahnaz hatami

Name of organization / entity

Isfahan University of Medical Sciences, School of nursing and midwifery

Country

Iran (Islamic Republic of)

Phone

+98 316689942

Email address

mahnaz_hatami@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2013-10-07, 1392/07/15

Expected recruitment end date

2014-03-11, 1392/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of peer education approach on the knowledge and Attitude of female students toward puberty health

Public title

The effect of peer education approach on the knowledge and Attitude of female students toward puberty health

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria for the control group: Willingness to participate in the study. Exclusion criteria for the control group: Unwillingness to participate in the study at any given time through the study. Inclusion criteria for the intervention group: Willingness to participate in the study; Not having any mental diseases according to their school files Exclusion criteria for the intervention group: Being absent from school for more than a week during peer education period; Occurrence of events that could affect their learning abilities

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: **282**

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

Isfahan University of Medical Sciences

Street address

HezarJarib St, Isfahan University of Medical Sciences

City

Isfahan

Postal code

81735313

Approval date

2013-08-19, 1392/05/28

Ethics committee reference number

2623/4/5

Health conditions studied

1

Description of health condition studied

adolescence health

ICD-10 code

XXI

ICD-10 code description

Factors influencing health status and contact with health services

Primary outcomes

1

Description

knowledge and attitude

Timepoint

Before the training and 6 weeks after the training

Method of measurement

self made questionare

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group received puberty health trainings unofficially through their peers for 6 weeks

Category

Other

2

Description

The control group did not receive any trainings

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Zahra Girls High School

Full name of responsible person

Mrs.Shafii

Street address

Zahra Girls High School, Siminjunction, Hakim Nezami junction

City

Isfahan

2

Recruitment center

Name of recruitment center
Fateme Zahra Girls High School
Full name of responsible person
Mrs. Bahri
Street address
neare imam Hasan, Rudaki
City
Isfahan

3

Recruitment center
Name of recruitment center
Tohid Girls High School
Full name of responsible person
Mrs. Sadeghi
Street address
Ghaemieh Siminjunction, Hakim Nezami
City
Isfahan

4

Recruitment center
Name of recruitment center
Hajar girls High school
Full name of responsible person
Mrs. Mirzaee
Street address
Dastgerd, Siminjunction, Hakim Nezami
City
Isfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Isfahan University of Medical Sciences
Full name of responsible person
Isfahan University of Medical Sciences
Street address
Hezarjarib St, Isfahan University of Medical Sciences
City
Isfahan
Grant name
43
Grant code / Reference number
2623
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Isfahan 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
Isfahan University of Medical Sciences, School of nursing and midwifery
Full name of responsible person
Dr. Kazemi
Position
PhD in reproductive health, Faculty member of the school of nursing and midwifery
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

Name of organization / entity

Islamic ,Azad University of Medical Sciences, Schools
nursing and midwifery;Tonekabon

Full name of responsible person

Mahnaz Hatami

Position

Students midwifery

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

Islamic; Azad University of Medical Sciences, School
of nursing and midwifery; Tonekabon; Mazandaran;
Iran

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Tonekabon

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46815586

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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