

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effect of an educational intervention based on Health Belief Model on promotion of Osteoporosis preventive behaviors in students

Protocol summary

Summary

The purpose of current study is empower students against osteoporosis. This study is a Quasi-experimental study. Participants will be selected from first intermediate period students. The main inclusion criteria include schooling in first intermediate period, consent to participate in the study and lack of formal education about prevention of osteoporosis and exclusion criteria include refusal for participation in the study and absence of more than one session in the educational program. The sample size was obtained 73 persons for each group, of course considering probability of loss of patients around 10%; the sample size will be 88 persons for each group. After selecting the intervention and control groups, the data will be collected in two stages: the first phase of data collection will be before the intervention and the second stage 3 months after the intervention. Data will be collected using a questionnaire of based on the health belief model. In the stage before the intervention, the pre-test will be done in both intervention and control groups ,and after analyzing the data are identified resources, limitation, needs, and strengths and weaknesses in different fields and then type of content, teaching methods, time and the number of educational sessions are designed based on the health belief model structures. Outcome of the study is osteoporosis preventive behaviors in students, before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016021315422N6**

Registration date: **2016-03-02, 1394/12/12**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-03-02, 1394/12/12

Registrant information

Name

Towhid Babazadeh

Name of organization / entity

Tehran University of Medical Sciences

Country

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+98 21 8877 9118

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Science

Expected recruitment start date

2016-04-02, 1395/01/14

Expected recruitment end date

2016-12-20, 1395/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of an educational intervention based on Health Belief Model on promotion of Osteoporosis preventive behaviors in students

Public title

The Effect of Education on the Promotion of Osteoporosis Preventive Behaviors in Students

Purpose

Prevention

Inclusion/Exclusion criteria

The main criteria of inclusion in the study are: schoolfellow in first intermediate period; consent to participate in the study ; lack of formal education about prevention of osteoporosis. Exclusion criteria are: the absence of more than one session in the training program; refusal for participation in the study

Age

From **13 years** old to **15 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **176**

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

Tehran University of Medical Sciences

Street address

Sixth Floor, Central University, St. Ghods, Keshavarz Boulevard

City

Tehran

Postal code

Approval date

2016-02-10, 1394/11/21

Ethics committee reference number

IR.TUMS.REC.1394.1939

Health conditions studied

1

Description of health condition studied

Osteoporosis

ICD-10 code

M81

ICD-10 code description

Osteoporosis without pathological fracture

Primary outcomes

1

Description

Preventive behaviors

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Perceived susceptibility toward osteoporosis

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

2

Description

Perceived severity of toward osteoporosis

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

3

Description

Perceived benefits toward osteoporosis

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

4

Description

Perceived barriers toward osteoporosis

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

5

Description

Self-efficacy toward osteoporosis

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

6

Description

Knowledge toward osteoporosis

Timepoint

Before the intervention and 3 months after intervention
Method of measurement
Questionnaire

Intervention groups

1

Description

The Intervention group: in this study the intervention will be holding the training sessions. The intervention would be based on information obtained from the questionnaire.

Category

Behavior

2

Description

The control group: education in groups is not but after the end of data collection in the end of study, educational pamphlet and booklet will be given to the control group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of Education

Full name of responsible person

Towhid Babazadeh

Street address

West Azerbaijan, Chladoran, Moallem Square, The education of Chladoran

City

Chladoran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Vida Kardanmoghaddam

Street address

Tehran University of Medical Sciences, Ghods street, Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Soheila Ranjbaran

Position

Student

Other areas of specialty/work

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Person responsible for scientific inquiries

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Student

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Person responsible for updating data

Contact

Name of organization / entity

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Towhid Babazadeh

Position

PhD student

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

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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