Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The effect of educational intervention based on self_efficacy theory on lifestyle in women referring to health centers of Fouman

Protocol summary

Summary

The aim of this randomized controlled clinical trial is to determine the effect of an educational intervention based on self-efficacy on promotion of life style in 114 women referring to health centers in Fooman, Iran in 2016. First, in coordination with the health centers authorities to provide a list of health centers in Fooman and two centers are selected randomly as case and control groups. Then 57 women are selected in each center randomly. Data collection tools contain HPLP2 standard questionnaire and a researcher made questionnaire about self-efficacy. First questionnaires will fill in two groups (case and control). Based on analysis of the findings of this stage, an intervention will be planned. It contains: 5 sessions lasting 60 minutes. It will apply by short lecturer, group discussion, question and answer, demonstration and mobile message and a pamphlet. Intervention will take place only in case group. One month and three months after intervention, questionnaires will be completed in two groups and the finding will be analyzed and compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016043015650N7**
Registration date: **2016-05-18, 1395/02/29**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-05-18, 1395/02/29

Registrant information

Name

Mahnaz Solhi

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research and Technology, Iran University of Medical Sciences

Expected recruitment start date

2016-02-04, 1394/11/15

Expected recruitment end date

2016-04-03, 1395/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on self_efficacy theory on lifestyle in women referring to health centers of Fouman

Public title

The effect of educational intervention based on self_efficacy theory on lifestyle in women referring to health centers of Fouman

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: having health record in one of health centers in Fooman, Iran and having no chronic disorder.

Age

No age limit

Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **114**
Randomization (investigator's opinion)
Randomized
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
Ethics committee of Iran University of Medical Sciences
Street address
Ethics committee of Iran University of Medical Sciences- Vice-chancellor for research and Technology-Iran University of Medical Sciences, HEmmat Highway, nears Milad Hospital
City
Tehran
Postal code
1449614535
Approval date
2016-05-14, 1395/02/25
Ethics committee reference number
IR.IUMS.REC.1394.9311107001

Health conditions studied

1

Description of health condition studied
Life style
ICD-10 code
Z40-Z54
ICD-10 code description
Persons encountering health services for specific procedures and health care

Primary outcomes

1

Description
Life style
Timepoint
Before intervention, one month and three months after intervention
Method of measurement
HPLP2 Standardad Questionnaire

Secondary outcomes

1

Description
Percieved self-efficacy about life style
Timepoint
Before intervention, 1 and 3 month after intervention
Method of measurement
Resarcher made questionnaire

Intervention groups

1

Description
An intervention based on perceived self-efficacy about life style contains 5 sessions lasting 60 minutes. It will apply by short lecturer, group discussion, question and answer, demonstration and mobile message and a pamphlet.
Category
Prevention

2

Description
There is no intervention for control group
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Fooman Health Center No.1
Full name of responsible person
Somaira Asadpoor
Street address
Near Kousar Hotel, Pasdaran Sq., Emam St.
City
Fooman

2

Recruitment center
Name of recruitment center
Fooman Health Center No.3
Full name of responsible person
Somaira Asadpoor

Street address
Shora St.
City
Fooman

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice-chancellor for Research and Technology, Iran university of medical sciences
Full name of responsible person
Dr. Seyed Ali Javad Moosavi
Street address
Shahid Hemmat highway, near Milad Hospital
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice-chancellor for Research and Technology, Iran 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
Fooman Health Centers Network
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Somaira Asadpoor
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Person responsible for scientific inquiries

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Iran University of Medical Sciences
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Person responsible for updating data

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Department of Health Services and Health Education, School of Health , Iran University of Medical Sciences, Near Milad Hospital, Shahid Hemmat Highway
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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