

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 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 Fouman, Iran in 2016. First, in coordination with the health centers authorities to provide a list of health centers in Fouman 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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+98 21 8877 9928

Email address

solhi.m@iums.ac.ir

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 Fouman, 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

Full name of responsible person

Somaira Asadpoor

Position

MSc student

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

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Position

PhD/ Associate Prof.

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

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Fax**Email****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