

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Jul 2026

### Comparison of the effects of verbal and non-verbal method of education based on HBM Leveraging on feeding behavior in elderly

#### Protocol summary

##### Summary

The study aimed to determine and compare the effectiveness of two training programs: presence and instructing non-face training. This study based on health belief model on the feeding behavior of the elderly. Inclusion criteria: Age 60 to 75 years Exclusion criteria: Patients with special diet and the unwillingness of individuals 1st step: a pre-test on 200 elderly people (n = 100: intervention group and n=100: control group) 2nd step: After preparing the content of the training sessions using Handbook improvement a healthy lifestyle in elderly (section of Nutrition) Volume I, the intervention will be implemented by executive and under the supervision of a nutritionist. For this, we will have 4 groups 25 persons and teach them in the 8 sessions, each person 90 minutes and using techniques lecture, question and answer and group discussion. Topics in these sessions include: (1); 30 minutes on nutritional knowledge and 60 minutes about perceived susceptibility and severity. (2); perceived benefits, barriers and self-efficacy using personal experiences, problem solving techniques (Show psychological outcomes desired behavior and sharing personal anniversaries) 3rd step: the 2nd test immediately after the 2nd step 4th Step: the 3rd test 3 months after the 2nd step

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014031116353N1**  
Registration date: **2014-03-11, 1392/12/20**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2014-03-11, 1392/12/20

#### Registrant information

##### Name

Liela Soleimani

##### Name of organization / entity

Bushehr University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 77 1252 8837

##### Email address

hrassafiani@bpums.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Bushehr University of Medical Sciences

#### Expected recruitment start date

2014-02-09, 1392/11/20

#### Expected recruitment end date

2014-05-18, 1393/02/28

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Comparison of the effects of verbal and non-verbal method of education based on HBM Leveraging on feeding behavior in elderly

#### Public title

Comparison of the effects of verbal and non-verbal method of education based on HBM Leveraging on feeding behavior in elderly

#### Purpose

Health service research

#### Inclusion/Exclusion criteria

Inclusion criteria included: age 60 to 75 years Exclusion criteria: mental disorders./ psychological and mental./

chronic and life threatening diseases (such as cancer, kidney disease, liver disease, advanced heart disease, diabetes and digestive requiring special diet) and no consent in order to continue research

### Age

From **60 years** old to **75 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **200**

### 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

Bushehr University of Medical Sciences

##### Street address

Bushehr University of Medical Sciences

##### City

Busheh

##### Postal code

7514633341

#### Approval date

2013-04-10, 1392/01/21

#### Ethics committee reference number

b-92-15-7

## Health conditions studied

### 1

#### Description of health condition studied

Feeding behavior

#### ICD-10 code

E50-E64

#### ICD-10 code description

Other nutritional deficiencies

## Primary outcomes

### 1

#### Description

Awareness

#### Timepoint

Before training - immediately and 3 months after training

#### Method of measurement

Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

intervention ( persons 100) teach them in the 8 sessions, each person 90 minutes and using techniques lecture, question and answer and group discussion. Topics in these sessions include: (1); 30 minutes on nutritional knowledge and 60 minutes about perceived susceptibility and severity. (2); perceived benefits, barriers and self-efficacy using personal experiences, problem solving techniques (Show psychological outcomes desired behavior and sharing personal anniversaries)

#### Category

Behavior

### 2

#### Description

We will send special Booklet has been prepared by using improvement a healthy lifestyle in elderly (section of Nutrition) Volume I, to persons 100 control, and want to study at home for 2 weeks.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

RAJAEI Center

##### Full name of responsible person

Mrs. H. Jafari

##### Street address

Tangistan city - the city of ahram

##### City

ahram

## Sponsors / Funding sources

### 1

#### Sponsor

Name of organization / entity

Bushehr University of Medical Sciences  
**Full name of responsible person**  
Dr. Najafpour  
**Street address**  
Bushehr University of Medical Sciences  
**City**  
Bushehr  
**Grant name**  
23300000 ربال هزینه تصویب شده  
**Grant code / Reference number**  
donot have  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Bushehr 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

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*