Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

RAJAEE I 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 ریال 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

Contact
Name of organization / entity
Bushehr University of Medical Sciences
Full name of responsible person
Leila Soleimani
Position
Graduate Student
Other areas of specialty/work
Street address
Bushehr, Bushehr University of Medical Sciences
City
Bushehr
Postal code
7514633341
Phone
+7 712528837
Fax
+98 77 1253 0741
Email
Lilasoleimany@yahoo.com
Web page address
donot have

Person responsible for scientific inquiries

Contact
Name of organization / entity
Bushehr University of Medical Sciences
Full name of responsible person
Mr S. Najafpour
Position
phd
Other areas of specialty/work
Street address
Bushehr University of Medical Sciences
City
Bushehr
Postal code
7514633341
Phone
+7 712528837
Fax
+98 77 1253 0741
Email
najafpor@yahoo.com
Web page address
donot have

Person responsible for updating data

Contact
Name of organization / entity
Bushehr University of Medical Sciences
Full name of responsible person
Mr S. Najafpour
Position
phd
Other areas of specialty/work
Street address
Bushehr University of Medical Sciences
City
Bushehr
Postal code
7514633341
Phone
+7 712528837
Fax
+98 77 1253 0741
Email
najafpor@yahoo.com
Web page address
Donot have

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