

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The effect of Theory-Based educational intervention on osteoporosis preventive behaviors in women 2013

Protocol summary

Summary

Osteoporosis is a health priority in Iran and the world. Recently, the prevention of osteoporosis, has been the target of many health professionals. Behavior change is one of the powerful strategies for the prevention of osteoporosis. This study aimed to determine the effect of the trans-theoretical model in the prevention of osteoporosis in women 30-50 years of Khorramabad behaviors has been designed. A clinical trial on 136 eligible women in the intervention and control groups, using multistage cluster sampling will be conducted. Both groups valid and reliable questionnaires of stage of change, self-efficacy and decision balance of trans theoretical model on calcium intake and physical activity are examined. Then training program will be held for calcium intake and physical activity intervention group. Learning to control group action dose not take place. Both groups of three stages: before, after and three months after intervention again the questionnaire evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014021416577N1**
Registration date: **2015-03-07, 1393/12/16**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-03-07, 1393/12/16

Registrant information

Name

Farideh Malekshahi

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tarbiat Modares University

Expected recruitment start date

2014-02-14, 1392/11/25

Expected recruitment end date

2014-07-20, 1393/04/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Theory-Based educational intervention on osteoporosis preventive behaviors in women 2013

Public title

Effect of Theory-Based educational on osteoporosis preventive

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion: All women 30-50 years of the Khorramabad; at least a fifth-grade education; covered by centers Khorramabd. Exclusion: Unwillingness to participate in the study; rheumatic diseases; mental diseases; fractures, pregnancy; menopause and breast-feeding.

Age

From **30 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **136**

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

Tarbiat Modares University

Street address

P.O.Box:14115-111, Jalal Ale Ahmad Highway,Tarbiat Modares University, Tehran, Iran

City

Tehran

Postal code

14115111

Approval date

2013-04-26, 1392/02/06

Ethics committee reference number

d/52/605

Health conditions studied

1

Description of health condition studied

Osteoporosis

ICD-10 code

M81.9

ICD-10 code description

Osteoporosis, unspecified

Primary outcomes

1

Description

Physical activity

Timepoint

Before of intervention, after of intervention, later 3

months intervention

Method of measurement

Questionnaire

2

Description

Stage of Physical activity change

Timepoint

Before intervention, after intervention, after 3 months intervention

Method of measurement

Questionnaire

3

Description

Stage of calcium intake change

Timepoint

Before intervention, after intervention, after 3 months intervention

Method of measurement

Questionnaire

4

Description

Calcium intake self efficacy

Timepoint

Before intervention, after intervention, after 3 months intervention

Method of measurement

Questionnaire

5

Description

Physical activity self efficacy

Timepoint

Before intervention, after intervention, after 3 months intervention

Method of measurement

Questionnaire

6

Description

Physical activity decision balance

Timepoint

Before intervention, after intervention, after 3 months intervention

Method of measurement

Questionnaire

7

Description

Calcium intake decision balance

Timepoint

Before intervention, after intervention, after 3 months intervention

Method of measurement

Questionnaire

8

Description

Calcium intake

Timepoint

Before intervention, after intervention, after 3 months intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

[Physical activity: The intervention group are trained on trans- theoretical model in the form of lectures , group discussions , film screenings for stage of change and decision balance structural. Use of persons with previous experience in the field , Verbal reinforcements for self- efficacy structure in 5 sessions of 120 minutes for 6 weeks . A public rally for the intervention group runs. Also be given a booklet and Pam Felt.

Category

Prevention

2

Description

For control group without intervention

Category

Prevention

3

Description

Calcium intake: The intervention group are trained on trans- theoretical model in the form of lectures , group discussions , film screenings for stage of change and decision balance structural. Use of persons with previous experience in the field , Verbal reinforcements for self- efficacy structure in 5 sessions of 120 minutes for 6 weeks . Also be given a booklet and Pam Felt.

Category

Prevention

4

Description

For control group without intercention

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center 9

Full name of responsible person

Farideh Malekshahi

Street address

Health center 9, St. Khatamolania, St. Enghelab, Khorramabad, Iran

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2

Recruitment center

Name of recruitment center

health center somaye

Full name of responsible person

Farideh Malekshahi

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Somaye health center, Alley Haj Mohamad Reza, Emam Khomainsi Spuar, St. Alavi

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Khorramabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Modares university

Full name of responsible person

mansoreh movahedin

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P.O.Box 14115-111, Room 121, frist upstairs, Departman 1 ,Medical university, Tehran, Iran

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Modares university

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

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Full name of responsible person

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Position

Student of health education and health promotion
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Email**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