Clinical Trial Protocol
Iranian Registry of Clinical Trials

30 Oct 2026

A Comparative effect of Child-to-Child and Health Educator to-Child teaching approaches on nutritional status in Elementary School Students in Rasht, 2014

Protocol summary

Summary

Title of Proposal: A Comparative effect of Child-to-Child and Health Educatorto-Child teaching approaches on nutritional status in Elementary School Students in Rasht, 2014 (1) Introduction and objectives:Nutritional problems are one of the most important health issues among school-aged children, and modification of the nutritional status in prepubertal childrenis very important. General Objective:A Comparative effect of Child-to-Child and Health Educator to-Child teaching approaches on nutritional status in Elementary School Students in Rasht, 2014 Specific objectives: - Determine child's nutritional performance in control group before and after the intervention - Determining the child's performance for the nutritional status of the child-to-child group before and afterthe intervention - Determining the child's performance for the nutritional status of the educator-to-child group before and after the intervention (2) Designing:This is a cross-sectional and quasi experimental-interventional study. Samples were chosen by random-cluster and simple sampling model . (3) Methods: through which 450 students are selected from third, fourth and fifth grades from elementary schools of different districts of Rasht.Data-collection tools consist of demographic questionnaire and FFQ (food frequency questionnaire or checklist) with 54 items onsnacks. Before the intervention, the questionnaire is completed by the researcher and mother during one week and after gathering them, the items of questionnaire (checklist) will be summed upfor determining the favorable and unfavorable food frequency. This means that 54 items of authorized and unauthorized snack-foods with a variety of four main groups of food pyramid have been listed. If each student consumes 28 items of the authorized snack-foods during one week for seven times or more, she/hewill obtain 0.5 points, and if the diversity of snack-foods is not met or the students consume the unauthorized ones, they will obtain point zero. The total score for the authorized snack-foods is 14. According to the score of food frequency, the students are divided intodesirable (favorable) and undesirable (unfavorable) groups using random method. In the first group, the subjects who obtain 14 points or more for the food frequencyhave the favorable frequency which they will not be entered in the educational intervention. In the second group, the subjects who obtain a score less than 14are categorized as unfavorable frequency which they are qualified to enter the educational intervention. Some of thelittle educators will be selected for each level of studies regarding the highest score in the questionnaire (checklist) and the comments of school masters and principlesin order to recognize the student with a good rhetoric. A training course for the little educators and the health care providers will be held by the researcher (by using pamphlets, booklets and posters) at one of the schools during three sessions. Three training sessions (for 30 minutes) with the subjects about the authorized and unauthorized snack-foods, micronutrient, the role each of them plays and the fruit festival will be held for each level of studiesby the child-to-child and the educator-to-child groups at one of the school in the afternoon. There is no training course for the control group. After three weeks, a questionnaire (observation checklist) is completed by the researcher and mother during one week, which the research and mother's information will be gathered at the end of the week. Finally, the score of the food frequency will be favorably and unfavorably computed according to the determined points. (4) Inclusion and Exclusion criteria of study participants: Inclusion criteria: a student at the base of the third, fourth and fifth grade and the consent of the parents. Exclusion criteria: Other than the above is the exclusion criteria. (5)Interventions:From 450 students with the unfavorable frequency, 174 students are selected and divided into three groups (58 students for

the first group or the child-to-child group, 58 students for the second group of the health educator-to-child group and 58 students for the third group or control group). First and second groups will receive educational intervention but the third or control group will get no teaching intervention. (6)Primary outcomes:The study group training Second outcome:Nutritional Status

General information

Acronym
Effect of Child Education on nutrition
IRCT registration information
IRCT registration number: **IRCT138706091126N1**
Registration date: **2015-05-17, 1394/02/27**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**
Registration date
2015-05-17, 1394/02/27

Registrant information
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Nasrin Mokhtari Lakeh
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Guilan University of Medical Sciences
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Recruitment status
Recruitment complete
Funding source
Guilan University of Medical Sciences

Expected recruitment start date
2015-03-01, 1393/12/10
Expected recruitment end date
2015-05-31, 1394/03/10
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
A Comparative effect of Child-to-Child and Health Educator to-Child teaching approaches on nutritional status in Elementary School Students in Rasht, 2014

Public title
A Comparative effect of Child-to-Child and Health Educator to-Child teaching approaches on nutritional status in Elementary School Students in Rasht, 2014
Purpose
Other
Inclusion/Exclusion criteria
Inclution criteria : third, fourth and fifth grades from elementary schools and completing consents,parents Exclution criteria :Except for the above that is exclution creteria
Age
From **9 years** old to **11 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **450**
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
Ethics committee of Guilan University of Medical Sciences
Street address
Guilan University of Medical Sciences, in front of Sepah Bank, West Beheshti blvd., Rasht
City
Rasht
Postal code
4146939841
Approval date
2015-02-24, 1393/12/05
Ethics committee reference number
2930596725

Health conditions studied

1

Description of health condition studied
Malnutrition
ICD-10 code
E40-46
ICD-10 code description
Malnutrition

Primary outcomes

1

Description
Education
Timepoint
A week before, a week after the intervention, three weeks after
Method of measurement
Food Frequency Questioner

Secondary outcomes

1

Description
Nutrition Status
Timepoint
A week before, a week after the intervention, three weeks after
Method of measurement
Food Frequency Questioner

Intervention groups

1

Description
This is across-sectional and quasi experimental-interventional study.Samples were chosen by random-cluster sampling modelthrough which 450 students are selected from third, fourth and fifth grades from elementary schools of different districts of Rasht. The number of sample (sample size) is used to determinethe favorable and unfavorable food frequency. Data-collection tools consist of demographic questionnaire (parents' level of education, age, sex, economic situation and weight)and FFQ (food frequency questionnaire or checklist) with 54 items onsnacks. Before the intervention, the questionnaire is completed by the researcher and mother during one week and after gathering them, the items of questionnaire (checklist) will be summed upfor determining the favorable and unfavorable food frequency. This means that 54 items of authorized and unauthorized snack-foods with a variety of four main groups of food pyramid have been listed. If each student consumes 28 items of the authorized snack-foods during one week or consumes the other authorized snack-foods with the same nutritional value and a variety of four main food groups for seven times or more, she/hewill obtain 0.5 points, and if the diversity of snack-foods is not met or the students consume the unauthorized ones, they will obtain point zero. The total score for the authorized snack-foods is 14. According to the score of food frequency, the students are divided intodesirable (favorable) and undesirable (unfavorable) groups using random method. In the first group, the subjects who obtain 14 points or more for the food frequencyhave the favorable frequency which they will not be entered in the educational intervention. In the second group, the subjects who obtain a score less than 14are categorized as unfavorable frequency which they are qualified to enter the educational intervention. From 450 students with the unfavorable frequency, 174 students are selected and divided into three groups (58 students for the first group or the child-to-child group, 58 students for the second group of the health educator-to-child group and 58 students for the third group or control group). First and second groups will receive educational intervention but the third or controlgroup will get no teaching intervention. Some of thelittle educators will be selected for each level of studies regarding the highest score in the questionnaire (checklist) and the comments of school masters and principlesin order to recognize the student with a good rhetoric. A training course for the little educators and the health care providers will be held by the researcher (by using pamphlets, booklets and posters) at one of the schools during three sessions. Three training sessions (for 30 minutes) with the subjects about the authorized and unauthorized snack-foods, micronutrient, the role each of them plays and the fruit festival will be held for each level of studiesby the child-to-child and the educator-to-child groups at one of the school in the afternoon. There is no training course for the control group. After three weeks, a questionnaire (observation checklist) is completed by the researcher and mother during one week, which the research and mother's information will be gathered at the end of the week. Finally, the score of the food frequency will be favorably and unfavorably computed according to the determined points. The reliability and validity of the feed frequency questionnaire (checklist) was examined by the FFQ Questionnaire of Mirmiranet al. (2009) at Tehran University of Medical Sciences (TUMA). This study's FFQ results can lead to an acceptable reliability and validity for most food groups.
Category
Prevention

2

Description
Department of Child-to-child education, peer-to-child child in three 30-minute sessions in the school. The third, fourth and fifth classes have 58 students.
Category
Prevention

3

Description
Group training coach children for three 30-minute sessions health educator to students in school. The third, fourth and fifth classes have 58 students.
Category
Prevention

4

Description
Education and other intervention control group that did not take place on students And the number 58 in the third and fourth classes and fifth respectively.
Category

Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Hamrah school
Full name of responsible person
Nasrin Mokhtari
Street address
Taleghani street-chemarsara-Rasht
City
Rasht

2

Recruitment center
Name of recruitment center
Zeynabieh school
Full name of responsible person
Nasrin Mokhtari
Street address
Motahari street-sagharisazan-Rasht
City
Rasht

3

Recruitment center
Name of recruitment center
Nosrati rad school
Full name of responsible person
Nasrin Mokhtari
Street address
Sadi street-pole bosar-Rasht
City
Rasht

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Guilan University of Medical Sciences
Full name of responsible person
Abtin Heidarzadeh
Street address
Research and Technology affairs building, in front of Sepah Bank, West Beheshti blvd, Rasht
City
Rasht
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Guilan 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
Guilan University of Medical Sciences
Full name of responsible person
Nasrin Mokhtari
Position
Faculty member
Other areas of specialty/work
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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