

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 Educator to-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 children is 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 after the 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 on snacks. 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 up for 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/he will 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 into desirable (favorable) and undesirable (unfavorable) groups using random method. In the first group, the subjects who obtain 14 points or more for the food frequency have 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 14 are categorized as unfavorable frequency which they are qualified to enter the educational intervention. Some of the little educators will be selected for each level of studies regarding the highest score in the questionnaire (checklist) and the comments of school masters and principles in 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 studies by 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

Name

Nasrin Mokhtari Lakeh

Name of organization / entity

Guilan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 981315555056

Email address

lakeh@gums.ac.ir

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

Inclusion criteria : third, fourth and fifth grades from elementary schools and completing consents,parents
Exclusion criteria :Except for the above that is exclusion criteria

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 a cross-sectional and quasi experimental-interventional study. Samples were chosen by random-cluster sampling model through 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 determine the 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 on snacks. 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 up for 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/he will 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 into desirable (favorable) and undesirable (unfavorable) groups using random method. In the first group, the subjects who obtain 14 points or more for the food frequency have 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

14 are 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 control group will get no teaching intervention. Some of the little educators will be selected for each level of studies regarding the highest score in the questionnaire (checklist) and the comments of school masters and principals in 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 studies by the child-to-child and the educator-to-child groups at one of the schools 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 food frequency questionnaire (checklist) was examined by the FFQ Questionnaire of Mirmiran et 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

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