Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Comparing self-efficacy, outcome expectations for promoting the physical activity of the women with breast cancer in two groups with and without educational program

Protocol summary

Summary

The present study is a before-after experimental study with a randomized control group. The aim of the study is to examine the educational intervention effect based on self-efficacy and outcome expectations on the physical activities of the women suffering from breast cancer. The population in question are the women with breast cancer and the visitors to Seyyed Alshohada Hospital and Palliative care center (with the name of “Entekhab”) in Isfahan. Inclusion criteria: (1) the final diagnosis of breast cancer by a physician, exclusion criteria: 1: therapist’s prescription for a ban on attending the sessions. 2. A lack of desire to continue to participate in the study. In order to determine the sample size, the Stevens tables were used. The sample size in each group (intervention and control) is 35 patients including the loss of 10%, i.e. 70 individuals as a whole. Data collection method: 1: the self-efficacy assessment questionnaire for physical activity and outcome expectations. 2. International physical activity questionnaire (IPAQ). The former questionnaire was completed before and one month after the educational intervention, and the latter filled out before and three months after it. The experimental group underwent the educational program within at least four ninety-minute sessions with regard to the requirement identified from the patients over four weeks, while the control group was treated by normal medical care.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014042117379N1**
Registration date: **2014-09-25, 1393/07/03**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-09-25, 1393/07/03

Registrant information

Name
Rahele Solymani
Name of organization / entity
Isfahan University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2015-03-20, 1393/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing self-efficacy, outcome expectations for promoting the physical activity of the women with breast cancer in two groups with and without educational program

Public title

The Physical activity of the women with breast cancer

Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: 1. the final diagnosis of breast cancer by a physician. 2. With individual consent and their spouse consent if they are married 3. physician's written consent to the participation of the educational program. 4. The ability to read and write the exclusion criteria: 1. the therapist's prescription for a ban on attending the sessions, 2. a lack of desire to participate in the study, 3. the absence for more than one session during the educational sessions, 4. People who are diagnosed with cognitive disorder during the educational intervention
Age
From **30 years** old to **55 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **70**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
The target group in question are the individuals visiting Seyyed Alshohada Hospital and the center for palliative medicine in Isfahan. The population of the target group will be then divided into the control and experimental group (in order to determine the test of the participants on odd days, and in order to determine the control group, the even days are considered

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Isfahan University of Medical Sciences
Street address
Hezar Jarib St, Health School, Isfahan
City
Isfahan
Postal code
8174673461
Approval date
2014-01-08, 1392/10/18
Ethics committee reference number
3082/ 12/د

Health conditions studied

1

Description of health condition studied
Breast Cancer
ICD-10 code
c50
ICD-10 code description
50 Malignant neoplasm of breast

Primary outcomes

1

Description
self-efficacy for physical activity
Timepoint
Before the intervention and one month after it
Method of measurement
The standard self-efficacy questionnaire for physical activity by Bandura

2

Description
outcome expectation for physical activity
Timepoint
Before the intervention and one month after it
Method of measurement
the questionnaire tested

Secondary outcomes

1

Description
Physical activity
Timepoint
Before the intervention and three month after it
Method of measurement
the standard physical activity measurement questionnaire

Intervention groups

1

Description
The first session is devoted to identifying patients' need for education in the experimental group, then they receive education during at least 4 educational ninety minute sessions with respect to the barriers of self-efficacy in physical activity, energy management, stress management, lymphedema prevention, and other topics mentioned in the group. The training sessions are presented by PowerPoint and the relevant experts for each topic. The educational activities are intended for

the promotion of self-efficacy, brainstorming strategies, verbal persuasion, successor experience, framing question in the group.

Category

Rehabilitation

2

Description

There is no special arrangement for the control group, except for normal medical care

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Entekhab Supportive and Palliative care center

Full name of responsible person

Rahele Solymani

Street address

NO.29, Aminodoleh Alley, Sahid Baghi Alley, Shahid Motahari St, Isfahan, Iran

City

Isfahan

2

Recruitment center

Name of recruitment center

Seyyed Alshohada Hospital

Full name of responsible person

Rahele Solymani

Street address

Motahari Ave, Saeb St, toward Marnans Bridge, Shiris Bridge, Isfahan

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Isfahan University of Medical Sciences

Full name of responsible person

Dr. Peyman Adibi

Street address

Hezar Jarib St, Vice chancellor for research, Isfahan University of Medical Sciences

City

Isfahan

Grant name

هنوز اعلام نشده است.

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Isfahan 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

Isfahan University of Medical Sciences

Full name of responsible person

Rahele Solymani

Position

Master student of Health Education and Social Health Promotion

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