

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Aug 2026

Survey The Effect Of Educational Intervention Based On Health Belief Model On Osteoporosis Preventive Behaviors Of Health Volunteers Of Community Health Centers In Rasht City In 2016-2017

Protocol summary

2017-07-17, 1396/04/26

Summary

The aim of this study is to determine the effectiveness of educational based on the theory of on Health Belief Model about prevention about prevention behaviors on osteoporosis with random cluster in health volunteers of community health centers in Rasht city. The sample is Health Volunteers Rasht city sampling method. A sample size is 96 people who are randomly divided into two groups of 48 people. Data collection tool consisted of the demographic, data standard questionnaire based on health belief model, FFQ questionnaire, IPAQ short form questionnaire. After pre-test in both groups, 4 educational sessions in experimental group is performed. At the end of study the post-test, both groups will be completed immediately and one month after the educational. Finally data collected and analyzed by SPSS21 software (T_ test, repeated measure ANOVA, Mann-Whitney test). Inclusion criteria: having a health volunteer Card from the community health center; active participation in community health center training session; willingness to participate in the study; not having specific illness. Exclusion criteria: not wanting to continue participation in the study intervention; absence from training sessions; occurrence of specific illness or events during the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201504061126N2**
Registration date: **2017-07-17, 1396/04/26**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

Registrant information

Name

Nasrin Mokhtari Lakeh

Name of organization / entity

Guilan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Gilan University of Medical Sciences

Expected recruitment start date

2017-07-23, 1396/05/01

Expected recruitment end date

2017-09-06, 1396/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Survey The Effect Of Educational Intervention Based On Health Belief Model On Osteoporosis Preventive Behaviors Of Health Volunteers Of Community Health Centers In Rasht City In 2016-2017

Public title

Intervention Based On Health Belief Model On Osteoporosis Preventive Behaviors

Purpose

Prevention

Inclusion/Exclusion criteria
 Inclusion criteria: having a health volunteer Card from the community health center; active participation in community health center training session; willingness to participate in the study; not having specific illness.
 Exclusion criteria: not wanting to continue participation in the study intervention; absence from training sessions; occurrence of specific illness or events during the study.

Age
 From **18 years** old to **66 years** old

Gender
 Female

Phase
 N/A

Groups that have been masked
No information

Sample size
 Target sample size: **96**

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

Guilan University of Medical Sciences

Street address

Guilan University of Medical Sciences, Namjoo St.

City

Rasht

Postal code

Approval date

2016-09-17, 1395/06/27

Ethics committee reference number

IR.GUMS.REC.1395.202

Health conditions studied

1

Description of health condition studied

Osteoporosis

ICD-10 code

M82.8

ICD-10 code description

Diseases of the musculoskeletal system and connective tissue

Primary outcomes

1

Description

Adopt behaviors to prevent osteoporosis

Timepoint

Before, immediatly and one month after the intervention educationa

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Knowledge

Timepoint

Before, immediatly and one month after the intervention educationa

Method of measurement

Questionnaire

2

Description

Perceived susceptibility

Timepoint

Before, immediatly and one month after the intervention educationa

Method of measurement

Questionnaire

3

Description

Perceived severity

Timepoint

Before, immediatly and one month after the intervention educationa

Method of measurement

Questionnaire

4

Description

Perceived benefits

Timepoint

Before, immediatly and one month after the intervention educationa

Method of measurement

Questionnaire

5

Description

Perceived barriers

Timepoint

Before, immediatly and one mounth after the intervention educationa

Method of measurement
Questionnaire

6

Description

Self-efficacy

Timepoint

Before, immediatly and one mounth after the intervention educationa

Method of measurement

Questionnaire

7

Description

Cues of action

Timepoint

Before, immediatly and one mounth after the intervention educationa

Method of measurement

Questionnaire

8

Description

Nutritional behavior

Timepoint

Before, immediatly and one mounth after the intervention educationa

Method of measurement

Questionnaire FFQ

9

Description

Physical activity behavior

Timepoint

Before, immediatly and one mounth after the intervention educationa

Method of measurement

Questionnaire IPAQ

Intervention groups

1

Description

Intervention Group: After the pre-test in both groups, of participating Health Volunteers in the intervention group will be invited to participate in eight educational sessions (during four weeks). Educational program will be hold based on health belief model, Speeches, group discussions, Pamphlets and educational video.Immediatly and one months after end of the program, from each group will be taken post-test and the results will be compared.

Category

Prevention

2

Description

Control Group: no intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Centers Rasht

Full name of responsible person

Leila Zarat Dakheliparast

Street address

Sadi Srteet, Health Center Rasht

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gilan University of Medical Sciences

Full name of responsible person

Nasrin Mokhtari Lakeh

Street address

Faculty of Nursing and Midwifery, Daneshjoo street, Shahid beheshti road

City

Rasht

Grant name

طرح پژوهشی

Grant code / Reference number

95062706

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

Yes

Title of funding source

Gilan 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

Leila Zarat Dakheliparast

Position

Msc

Other areas of specialty/work

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Full name of responsible person

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Position

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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