

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### The Effectiveness of Health Promotion Intervention on Psychosocial Well-Being and Health-related Behaviors

#### Protocol summary

##### Summary

This study aims to improving the psychosocial well-being and health-promoting behaviors in college students will performed. Inclusion criteria in this study are the Concurrent absence in programs similar to psychological intervention, lack of conditional for two consecutive semesters or three alternating semesters, agreeing with active participation in all meetings and Exclusion criterion is to have a history of mental illness or any other serious medical illness. In this study, a statistical sample comprised of 30 students from the Faculty of Psychology and Educational Sciences of Semnan University well be selected with Availability Sampling Method and subjects randomly are assigned to two groups of control and experiment. Intervention will be performed in a pre-meeting session and ten planned sessions in line with the dependent variables (health-promoting behaviors, including health responsibility, physical activity and nutritional habits and psychosocial well-being such as spiritual growth, interpersonal relationships, and stress management). This intervention has a three-month follow-up. The primary outcomes of this study are health-promoting behaviors and psychosocial well-being.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014050617591N1**

Registration date: **2014-06-28, 1393/04/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-06-28, 1393/04/07

#### Registrant information

##### Name

Ebrahim Saber Shahraki

##### Name of organization / entity

Semnan University

##### Country

Iran (Islamic Republic of)

##### Phone

+98 72 8625 2203

##### Email address

ebrahimsaber@students.semnan.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Semnan University

#### Expected recruitment start date

2013-12-31, 1392/10/10

#### Expected recruitment end date

2014-01-30, 1392/11/10

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

The Effectiveness of Health Promotion Intervention on Psychosocial Well-Being and Health-related Behaviors

#### Public title

Health Promotion

#### Purpose

Prevention

#### Inclusion/Exclusion criteria

Inclusion criteria: Concurrent absence of psychological intervention on similar programs; lack of conditional for two consecutive semesters or three alternating semesters; agreeing with active participation in all meetings. Exclusion criteria: having a history of mental

illness or any other serious medical illness.

#### Age

No age limit

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

No information

#### Sample size

Target sample size: 30

#### 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

Semnan University

###### Street address

Semnan University, Semnan

###### City

Semnan

###### Postal code

##### Approval date

2013-11-27, 1392/09/06

##### Ethics committee reference number

98/92/863

### Health conditions studied

#### 1

##### Description of health condition studied

Psychosocial well-being

##### ICD-10 code

Z65

##### ICD-10 code description

Problems related to other psychosocial circumstances

#### 2

##### Description of health condition studied

Health promoting behaviors

##### ICD-10 code

Z72

##### ICD-10 code description

Problems related to lifestyle

### Primary outcomes

#### 1

##### Description

Psychosocial Well-being

##### Timepoint

Baseline, immediately after intervention and 3 months after intervention

##### Method of measurement

Health-Promoting Lifestyle profile II

#### 2

##### Description

Health-related Behaviors

##### Timepoint

Baseline, immediately after intervention and 3 months after intervention

##### Method of measurement

Health-Promoting Lifestyle Profile II

### Secondary outcomes

empty

### Intervention groups

#### 1

##### Description

For the experimental group, the intervention in a pre-session and ten 60-minute sessions weekly as a group (lecture, group discussion and brain storming), with an emphasis on social cognitive theory and the theory of self-determination theory structures, including a system of beliefs, observational learning, self-efficacy, outcome expectations, self-regulation skills, stress management, health responsibility, nutrition, physical activity and exercise, perceived competence, interpersonal relationships and social support, sense of belonging, and spiritual growth will be held and educational booklet will be distributed. At the end of each session, homework is given to individuals and the beginning of the next session the performance and results will be discussed.

##### Category

Lifestyle

#### 2

##### Description

Control group: no intervention.

##### Category

N/A

### Recruitment centers

#### 1

##### Recruitment center

**Name of recruitment center**

Faculty of Psychology and Educational Sciences

**Full name of responsible person**

Shahrokh Makvand Hosseini

**Street address**

Research Assistant, Faculty of Psychology and Educational Sciences, Mahdishahr, Semnan

**City**

Mahdishahr

**Fax****Email**

Ebrahimsaber1392@gmail.com

**Web page address**

Semnan.ac.ir

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Semnan University

**Full name of responsible person**

Isaac Rahimian Boogar

**Position**

Assistant Professor of health psychology

**Other areas of specialty/work****Street address**

Department of Clinical Psychology, Faculty of Psychology &amp; Educational Sciences, Semnan

**City**

Mahdishahr

**Postal code****Phone**

+98 233623300

**Fax**

+98 233626888

**Email**

Rahimianis@gmail.com

**Web page address****Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Semnan University

**Full name of responsible person**

Shahrokh Makvand Hosseini

**Street address**

Research Assistant, Faculty of Psychology and Educational Sciences of Semnan University, Mahdishahr, Semnan.

**City**

Mahdishahr

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Semnan 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**

Semnan University

**Full name of responsible person**

Ebrahim Saber Shahraki

**Position**

Graduate student in clinical psychology

**Other areas of specialty/work****Street address**

Faculty of Psychology and Educational Sciences, Semnan

**City**

Mahdishahr

**Postal code****Phone**

+98 72 8625 2203

**Person responsible for updating data****Contact****Name of organization / entity**

Semnan University

**Full name of responsible person**

Ebrahim Saber Shahraki

**Position**

Graduate student in clinical psychology

**Other areas of specialty/work****Street address**

Faculty of Psychology and Educational Sciences, Semnan

**City**

Mahdishahr

**Postal code****Phone**

+98 72 8625 2203

**Fax****Email**

Ebrahimsaber1392@gmail.com

**Web page address****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*