

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 & 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