

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Investigation of the effect of educational program based on the health belief model on the promotion of preventing behaviors exposure to polluted air among pregnant women

Protocol summary

Summary

This study aims at investigating the effect of education based on Health Belief Model on the promotion of preventing behaviors exposure to polluted air among pregnant women. The sample of 120 pregnant women under 6 months referred to health centers - Care Arak city at 6-24 weeks of gestation are represented. multi-stage sampling was used to select samples. also they were assigned into 2 Intervention and control groups randomly. The data are gathered via a researcher-made questionnaire whose validity and reliability are assured in advance. Inclusion criteria: Pregnant women with who can read and write; Pregnant women under than 6 months. Exclusion criteria: pregnancy complications; the absence of training sessions. The educational intervention for the intervention group is done via holding an interactive educational seminar, presenting an Educational booklet as a reminder. The control group receive their routine education. The primary outcome: The preventive behaviors of exposure to air pollution. The Secondary outcomes: Increase knowledge, change attitude, improve practice.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014090119005N1**
Registration date: **2015-02-18, 1393/11/29**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-02-18, 1393/11/29

Registrant information

Name

Somayeh Pourmosayebi

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3368 4615

Email address

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2014-09-29, 1393/07/07

Expected recruitment end date

2015-04-30, 1394/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation of the effect of educational program based on the health belief model on the promotion of preventing behaviors exposure to polluted air among pregnant women

Public title

The effect of education on the prevention of exposure to polluted air among pregnant women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Pregnant women with who can read

and write; singleton pregnancy; Pregnant women under 6 months; aged 18 to 35 years; No experience chronic disease known (heart disease, lung disease, kidney disease, diabetes, thyroid). Exclusion criteria: pregnancy complications (preeclampsia, gestational hypertension, diabetes and bleeding) ; The absence of more than one session of training sessions; absence of complete session of the questionnaire.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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**

Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Basij Sq.,
Sardashat, Arak

City

Arak

Postal code**Approval date**

2014-09-08, 1393/06/17

Ethics committee reference number

93-167-17

Health conditions studied**1****Description of health condition studied**

pregnancy

ICD-10 code

Z35

ICD-10 code description

Supervision of high-risk pregnancy

Primary outcomes**1****Description**

Adopt behaviors to prevent of exposure to air pollution in pregnant women

Timepoint

Before and three months after intervention

Method of measurement

A researcher-made questionnaire

Secondary outcomes**1****Description**

Knowledge, Perceived susceptibility, Perceived severity, Perceived benefits, Perceived barriers, Cues to action, Self-efficacy, practice

Timepoint

Three months after the intervention.

Method of measurement

A researcher-made questionnaire

Intervention groups**1****Description**

The educational intervention for the intervention group is done via holding an interactive educational seminar, presenting an Educational booklet as a reminder.

Category

Prevention

2**Description**

Control Group : Just providing routine Education .

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Arak

Full name of responsible person

Mohsen Shamsi

Street address

Arak University of Medical Sciences, Basij Sq,
Sardashat, Arak

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Arak University of Medical Sciences

Full name of responsible person

davood hekmatpou

Street address

Arak University of Medical Sciences, Basij Sq, Sardashat, Arak

City

Arak

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

Yes

Title of funding source

Vice chancellor for research, Arak 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**

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Full name of responsible person

Somayeh Pourmosayebi

Position

MSc student in Health Education

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

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Position

MSc student in Health Education

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Postal code**Phone****Fax****Email****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