

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effect of education base on Health Belief Model on promoting preventive behaviors of Vitamin D Deficiency among Middle School Girl Students.

Protocol summary

Summary

The aim of this study is to determine the effect of education based on health belief model in promoting behaviors of vitamin D deficiency among Middle School Girl Students in Arak city . (Inclusion Criteria: Students who like to participate in the study and have informed consent of them and their parents; they study in government schools.)(Exclusion criteria: the absence of a training session or moving from her school to another school for any reason; under special diet.)The population consists of 140 Middle school girls, In the beginning, randomly from four school from districts 1 and 2 Arak were selected .The number of each groups were 70 people. Four educational sessions of 90 minutes hold about nutritional sources of vitamin D and using of sunlight during every day, by present education, the book and education pamphlet which this proses was hold by helping school administrators. In the end, after three months, questionnaires in this respect shall be filled by the participating students and the control group is also given the training packages which intervention group has given. The primary outcome of this study: (To determine the knowledge, perceived susceptibility, perceived severity, perceived benefits, perceived barriers, manuals and internal and external, efficacy, operation of vitamin D deficiency in promoting preventive behavior in school girl.)

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014090219010N1**
Registration date: **2015-02-09, 1393/11/20**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-02-09, 1393/11/20

Registrant information

Name

Zahra Adineh

Name of organization / entity

Arak University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Arak Univerdity of Medical Sciences. Dr.Rafi ei

Expected recruitment start date

2014-04-26, 1393/02/06

Expected recruitment end date

2014-05-10, 1393/02/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education base on Health Belief Model on promoting preventive behaviors of Vitamin D Deficiency among Middle School Girl Students.

Public title

The effect of education base on Health Belief Model on

promoting preventive behaviors of Vitamin D Deficiency among Middle School Girl Students.

Purpose

Prevention

Inclusion/Exclusion criteria

(Inclusion Criteria: Students who like to participate in the study and have informed consent of themselves and their parents; they study in government schools.)

(Exclusion criteria: the absence of a training session or moving from her school to another school for any reason; under special diet.)

Age

From **12 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **140**

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

Ethics Committee of Arak University of Medical Sciences

Street address

Pardis Educational Complex, Department of Education and Research, Basij s.q

City

Arak

Postal code

Approval date

2014-02-19, 1392/11/30

Ethics committee reference number

92-159-16

Health conditions studied

1

Description of health condition studied

Vitamin D Deficiency

ICD-10 code

E55

ICD-10 code description

Vitamin D deficiency

Primary outcomes

1

Description

To determine the knowledge, perceived susceptibility, perceived severity, perceived benefits, perceived barriers, manuals and internal and external, efficacy, operation of vitamin D deficiency in promoting preventive behavior in school girl.

Timepoint

Before and 3 months after the intervention and control groups

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group of this study consisted of 70 middle school girls of Arak city which four educational sessions of 90 minutes hold about nutritional sources of vitamin D and using of sunlight during every day, by present education, the book and education pamphlet which this process was hold by helping school administrators.

Category

Prevention

2

Description

Control group of this study consisted of 70 middle school girls of Arak. Simultaneously with the intervention group, after three months, questionnaires in this respect shall be filled by the participating students the control group is also given the training packages which intervention group has given about nutritional sources of vitamin D and using of sunlight during every day.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Middle School Girls of 1 And 2 Arak

Full name of responsible person

Street address

City
Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr.Mahboobeh Khorsandi

Street address

Department of Education and Reserch,Pardis
Educational Complex, Basij s.q

City

Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

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

Arak University of Medical Sciences

Full name of responsible person

Dr.Mahboobeh Khorsandi

Position

Phd of Health Education

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

