Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The effect of educational intervention based on the Health Belief Model in nutritional behaviors associated with gastric cancer in rural women

Protocol summary

Summary

This study investigated the effect of health belief model-based educational intervention on nutritional function of rural women with stomach cancer in the city of Talesh in 2017. It was a randomized controlled field trial, performed in several stages. The first phase of sampling used simple random sampling method and the second phase used systematic random sampling method. Data were collected using a four-section questionnaire, including: demographic information, knowledge assessment, health belief model constructs and performance measurement. Inclusion criteria included: willingness to participate in the program, women aged between 18 and 60 years, no history of stomach cancer in the subjects, their spouses or their first-degree female relatives and being literate. Exclusion criteria included: quitting training sessions and changing the respective center. The informed written consent was obtained. Based on the results of the first stage, the predictive constructs, appropriate educational methods and studies conducted by the author and the co-author, the educational intervention was conducted in six 40-50 minutes sessions, using the following methods: lecture, participatory and activation methods, question and answer session, group discussion and brainstorming method.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017062319235N5**
Registration date: **2017-08-05, 1396/05/14**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2017-08-05, 1396/05/14

Registrant information

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Recruitment status

Recruitment complete

Funding source
Guilan University of Medical Sciences

Expected recruitment start date
2017-08-06, 1396/05/15

Expected recruitment end date
2017-11-06, 1396/08/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effect of educational intervention based on the Health Belief Model in nutritional behaviors associated with gastric cancer in rural women

Public title

The effect of educational intervention based on the Health Belief Model in nutritional behaviors associated with gastric cancer

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: willingness to participate in the program; women aged between 18 and 60 years, no history of stomach cancer in the subjects; their spouses or their first-degree female relatives and being literate. Exclusion criteria: quitting training sessions and changing the respective center.

Age

From **18 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Research and Technology Section of Guilan University of Medical Sciences

Street address

Shahid Beheshti Blvd.(west), opposite of Sepah Bank, vice-chancellor for Research Building

City

Rasht

Postal code

Approval date

2017-06-17, 1396/03/27

Ethics committee reference number

IR.GUMS.REC.1396.109

Health conditions studied

1

Description of health condition studied

cancer of stomach

ICD-10 code

C16, C16.0

ICD-10 code description

Malignant neoplasm of stomach, Cardia (Cardiac orifice, Cardio-oesophageal junction, Gastro-oesophageal junction, Oesophagus and stomach), Fundus of stomach, Body of stomach, Pyloric antrum (Gastric antrum), Pylorus (Prepylorus, Pyloric canal), Lesser cur

Primary outcomes

1

Description

Nutritional behaviors associated with gastric cancer

Timepoint

Before and two months after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The study investigated the effect of health belief model-based educational intervention on nutritional function of stomach cancer patients. First, the pre-test was conducted on selected subjects and then the educational intervention was conducted in six 40-50 minutes sessions, using the following methods: lecture, participatory and activation methods, question and answer session, group discussion and brainstorming method.

Category

Prevention

2

Description

No intervention was conducted for the control group and two months after the pre-test, the post-test was conducted.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Talesh rural Health Centers

Full name of responsible person

Street address

City

Talesh

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research and Technology Section of Guilan University of Medical Sciences

Full name of responsible person

Dr Shademan Nemati

Street address

Shahid Beheshti Blvd.(west), opposite of Sepah Bank, vice-chancellor for Research Building

City

Rasht

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research and Technology Section of Guilan 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

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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