

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jun 2026

The effect of an educational program based on health promotion model and stage of change construct on the promotion of physical activity among homemakers.

Protocol summary

Summary

This study aims at investigating The effect of an educational program based on health promotion model and stage of change construct on the promotion of physical activity among homemakers. The design of the study is pre-test post-test quasi-experimental design. The study population was the homemakers who had medical recode in the selected health centers in Dourod. Sample size was equal to 120 homemakers that multi-stage random was used to selected based on simple random sampling and are assigned to intervention group (n=60) and control group (n=60) randomly. The data are gathered via a standard questionnaire whose validity and reliability are assured in advance. Inclusion criteria: not pregnant ! not an athlete having a chronic illness that interferes with physical activity they wish to participate in the study and having the ability to read and write. Exclusion criteria: patients with the disease or severe mental health problems within the study period! become pregnant ! and did not consent to continue participation in the intervention. 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: promotion of physical activity among homemakers . The Secondary outcomes: Efficacy, benefits, barriers, competing priorities, associated with feelings of pleasure, map work, social norms, social support from family and friends

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014101119497N1**

Registration date: **2015-03-06, 1393/12/15**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-03-06, 1393/12/15

Registrant information

Name

Fatemeh Hajivand

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences

Expected recruitment start date

2014-11-07, 1393/08/16

Expected recruitment end date

2015-07-07, 1394/04/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of an educational program based on health promotion model and stage of change construct on the promotion of physical activity among homemakers.

Public title

The effect of an educational on physical activity among homemakers.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria :not pregnant; not an athlete; having a chronic illness that interferes with physical activity they wish to participate in the study and having the ability to read and write . Exclusion criteria included: patients with the disease or severe mental health problems within the study period become pregnant; and did not consent to continue participation in the intervention.

Age

From **20 years** old to **50 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

Participants in the study were randomized to (draw) and then use the method selected by randomization software ((www.randomizer.com) in the intervention and control groups will be included.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Vice chancellor for research, Lorestan University of Medical Sciences

Street address

Lorestan, Khorramabad, 3km Khorramabad - Borujerd, Lorestan University of Medical Sciences

City

Khoramabad

Postal code

۶۸۱۴۹۹۳۱۶۵

Approval date

2014-10-20, 1393/07/28

Ethics committee reference number

2-169-93

Health conditions studied

1

Description of health condition studied

The effect of an educational program based on health promotion model and stage of change construct on the promotion of physical activity among homemakers

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

promotion of physical activity among homemakers

Timepoint

three months before and after the intervention.

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Efficacy, benefits, barriers, competing priorities, associated with feelings of pleasure, map work, social norms, social support from family and friends

Timepoint

three months before and after the intervention.

Method of measurement

three months before and after the intervention.

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

Lifestyle

2

Description

Control Group: The control group will receive their routine education.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Dourod

Full name of responsible person

Nasrin Roozbahani

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

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Position

PHD

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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**Vice chancellor for research, Arak University of
Medical Sciences**Full name of responsible person**

Mohammad Rafie

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

Yes

Title of funding sourceVice 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**

Arak University of Medical Sciences

Full name of responsible person

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Position

MSc student in Health Education

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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