

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The Effects of Education Based on Health Belief Model On Adopting Suitable Posture Behavior In Student

Protocol summary

Summary

The aim of this study is to determine the effectiveness of teaching based on the theory of Health Belief Model education on adopting suitable posture behavior In female students . The sample is health volunteers Kohdasht city with simple random sampling method. A sample 140 people is divided in to two groups. After the pre-test in both groups, implement training program is done for the intervention group. At the end of study the post-test will be held in both groups and the results will be analyzed. Inclusion criteria: willingness to participate in the study selection of sampling; Exclusion criteria: not wanting to keep samples for examination, absence from training sessions; the primary outcome: promoting behavior physical body of female students; the secondary outcome: knowledge; perceived susceptibility; perceived severity; perceived benefits; perceived barriers; efficacy; cues of action; and performance

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014102119612N1**
Registration date: **2015-02-11, 1393/11/22**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-02-11, 1393/11/22

Registrant information

Name

Farkhonde Karamian

Name of organization / entity

Arak University of Medical Sciences

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Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2014-11-11, 1393/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of Education Based on Health Belief Model On Adopting Suitable Posture Behavior In Student

Public title

The Effects Of Educational On Adopting Suitable Posture Behavior

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: willingness to participate in the study, being selected as a sample. Exclusion criteria: not willingness to continue the study, absence from training sessions

Age

From **11 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)
Not 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
Lorestan University Of Medical Sciences

Street address
Mahdiye Street, Lorestan University of Medical Sciences,

City
Khorramabad

Postal code
6841753554

Approval date
2014-08-20, 1393/05/29

Ethics committee reference number
200/93/2732

Health conditions studied

1

Description of health condition studied
Adopting Suitable Posture Behavior

ICD-10 code
m40

ICD-10 code description
Kyphosis and lordosis

2

Description of health condition studied
Adopting Suitable Posture Behavior

ICD-10 code
m41

ICD-10 code description
Scoliosis

Primary outcomes

1

Description
The Effects of Education in Promoting Behavior Physical body

Timepoint
Before and After the Intervention

Method of measurement
Questionnaire

Secondary outcomes

1

Description
Self-Efficacy

Timepoint
Before and After the Intervention

Method of measurement
Questionnaire

2

Description
Perceived Barriers

Timepoint
Before and After the Intervention

Method of measurement
Questionnaire

3

Description
Perceived Susceptibility

Timepoint
Before and After the Intervention

Method of measurement
Questionnaire

4

Description
Perceived Severity

Timepoint
Before and After the Intervention

Method of measurement
Questionnaire

5

Description
Perceived Benefits

Timepoint
Before and After the Intervention

Method of measurement
Questionnaire

6

Description
Cues of Action

Timepoint

Before and After the Intervention

Method of measurement

Questionnaire

7**Description**

Performance

Timepoint

Before and After the Intervention

Method of measurement

Questionnaire

8**Description**

Knowledge

Timepoint

Before and After the Intervention

Method of measurement

Questionnaire

Intervention groups1**Description**

Control Group: no intervention.

Category

N/A

2**Description**

Intervention Group: participants in the intervention group will be invited to participate in four educational sessions (during Two weeks). Educational program will be hold based on health belief model, Speeches, group discussions, Pamphlets and educational video.

Category

Behavior

Recruitment centers1**Recruitment center****Name of recruitment center**

The middle school Kosar

Full name of responsible person

Mahboobeh khorsandi

Street address

Basij Square

City

Arak

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Arak University of Medical Sciences

Full name of responsible person

Mohammad Rafiee

Street address

Sardashat, Basij Square, Arak University of Medical Sciences

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

Farkhonde karamian

Position

Msc

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

Faculty of Public Health, Golestan St., Mustafa Khomeini Town, Arak

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Position

PHD

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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

Person responsible for updating data**Contact****Name of organization / entity**

Arak University of Medical Sciences

Full name of responsible person

Farkhonde Karamian

Position

Msc

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