Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

Country

Iran (Islamic Republic of)

Phone

+98 86 3368 4613

Email address

f.karamian@arak.mu.ac.ir

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 groups

1

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 centers

1

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 sources

1

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 Sciencesi
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
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Fax
Email
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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