

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Effect of community-based intervention program on promoting regular physical activity and preventing of its decline among Hamadan city adolescent girls: Applying combined model

Protocol summary

Summary

This is a community-based study of randomized, controlled trial to evaluate the effectiveness of health promotion interventions to prevent the decline of regular physical activity and promoting that among adolescent girls in Hamedan. To change the behavior will be used the determinants of physical activity based on Hybrid model of behavior change according to a previous study. Method: 8 secondary schools will be selected by simple random sampling and then a class will be randomly selected from each school and they will be divided randomly into intervention and control groups. A total of 270 students, 13 years old in Hamadan's schools will participate in the study voluntarily. Inclusion criteria included: students at a girls' school in Hamadan; Absence of disease or physical disability that prevents of moderate to vigorous physical activity and Exclusion criteria will be included: Completion of scanty information and the absence in half of training sessions. The control group will be received regular training and the intervention group, in addition to the usual training will be received training based on a hybrid model and possibly environmental changes. Before and after intervention, demographic data, knowledge, structures of hybrid model and performance will be measured using a questionnaire. The results of this study will be used to provide a solution to prevent the decline of regular physical activity in adolescents and offer educational programs and policies designed to improve the lifestyle of adolescents.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015042921155N2**
Registration date: **2015-05-28, 1394/03/07**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-05-28, 1394/03/07

Registrant information

Name

masomeh rostami moez

Name of organization / entity

hamadan university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 3822 3272

Email address

ma.rostami@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Hamadan University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-09-22, 1395/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of community-based intervention program on promoting regular physical activity and preventing of its decline among Hamadan city adolescent girls: Applying

combined model

Public title

Effect of community-based intervention program on promoting regular physical activity

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria included: students at a girls' school in Hamadan; Absence of disease or physical disability that prevents of moderate to vigorous physical activity and Exclusion criteria will be included: Completion of scanty information and the absence in half of training sessions.

Age

From **13 years** old to **14 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **270**

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

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Hamadan University of Medical Sciences

Street address

Hamadan University of Medical Sciences, Shahid Fahmideh Av, Hamadan, Iran.

City

Hamadan

Postal code

6517838678

Approval date

2015-01-20, 1393/10/30

Ethics committee reference number

p/16/35/9/5301

Health conditions studied

1

Description of health condition studied

Regular Physical Activity

ICD-10 code

Z72.3

ICD-10 code description

Lack of physical exercise

Primary outcomes

1

Description

Knowledge

Timepoint

Before and after intervention

Method of measurement

Questionnaire

2

Description

Constructs of combined health education and health promotion model

Timepoint

Before and after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Practice

Timepoint

Before and after intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention Group: Interventions for 6 months included: education; distribution of educational aids such as pamphlet, booklet, view video, banner installation; holding group discussion; coordinate with relevant agencies and probably environmental change in order to promote regular physical activity

Category

Prevention

2

Description

Control Group: For the control group will not perform any of the action that will be taken for the intervention group.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Secondary Schools in Hamadan

Full name of responsible person

Masomeh Rostami Moez

Street address

Health Faculty, Hamadan University of Medical Sciences, Shahid Fahmideh Av, Hamadan, Iran.

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Hamadan University of Medical Sciences

Full name of responsible person

Saeed Bashirian

Street address

Hamadan University of Medical Sciences, Shahid Fahmideh Av, Hamadan, Iran.

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Hamadan 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

Hamadan University of Medical Sciences

Full name of responsible person

Seyed Mohammad Mahdi Hazavehei

Position

PhD, Head of Department of Public Health

Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

Masomeh Rostami Moez

Position

Master of Sciences\PhD Student

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
Data Dictionary
empty