

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jun 2026

### Effect of educational intervention based on precede proceed model on health nutritional behavior of health volunteers

#### Protocol summary

##### Summary

Objective: The purpose of this study is to investigate the effect of intervention based on precede proceed model on Health Nutritional Behavior of health volunteer in Rasht. Design: This study is a randomized controlled trial. Inclusion criteria: Being active as health volunteers in one of the health centers in Rasht; Attendance at weekly meetings contacts in health centers; Willingness to cooperate. Exclusion criteria: Not wanting to continue to work for any reason; the absence of more than two training session; and the absence of pre-test or post-test session. The sample size included 153 health active volunteers in health centers in Rasht. Urban health centers will allocate randomly into the intervention and control groups. Interventional group will receive the intervention based on precede proceed model, including: 32 training sessions will be held (each session 45-60 minutes lasts, for 8 subgroups, each group: 10 participants) by lectures, individual counseling, group discussions, role playing, rewarding and texting and also by applying leaflet, pamphlets, flyers, educational videos and PowerPoint slides. The control group will not receive any intervention by the researcher. Evaluations will be conducted by precede proceed model in health nutritional behavior, before intervention and after 2 months. After the intervention, we expect significant progress in health nutritional behavior in the intervention group

#### General information

##### Acronym

-

##### IRCT registration information

IRCT registration number: **IRCT2016050622984N3**

Registration date: **2016-07-02, 1395/04/12**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-07-02, 1395/04/12

##### Registrant information

###### Name

Fardin Mehrabian

###### Name of organization / entity

Guilan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 133335415

###### Email address

mehrabian@gums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Vice Chancellor for Research and Technology University of Medical Sciences

##### Expected recruitment start date

2015-09-23, 1394/07/01

##### Expected recruitment end date

2016-07-22, 1395/05/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of educational intervention based on precede proceed model on health nutritional behavior of health volunteers

##### Public title

Promoting health nutritional behavior in health volunteers

**Purpose**

Other

**Inclusion/Exclusion criteria**

Inclusion criteria: Being active as health volunteers in one of the health centers in Rasht; Attendance at weekly meetings contacts in health centers; Willingness to cooperate. Exclusion criteria: Not wanting to continue to work for any reason; the absence of more than two training session; and the absence of pre-test or post-test session.

**Age**

From **24 years** old to **64 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **153**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Randomization was done using random numbers.

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Guilan University of Medical Sciences

**Street address**

Office center of Guilan University of Medical Sciences, Parastar Street, Rasht, IRAN

**City**

Rasht

**Postal code**

4193713111

**Approval date**

2015-07-07, 1394/04/16

**Ethics committee reference number**

IR.GUMS.REC.1394.173

**Health conditions studied****1****Description of health condition studied**

health nutritional behavior

**ICD-10 code**

-

**ICD-10 code description**

-

**Primary outcomes****1****Description**

health nutritional behavior

**Timepoint**

pre intervention, 2 months after intervention

**Method of measurement**

Validated questionnaire of Precede Proceed Model

**Secondary outcomes****1****Description**

knowledge, attitude, enabling factors, reinforcing factors

**Timepoint**

pre intervention, 2 months after intervention

**Method of measurement**

Validated questionnaire of Precede Proceed Model

**Intervention groups****1****Description**

In interventional group: precede proceed model based intervention, including: 32 training sessions will be held (each session 45-60 minutes lasts, for 8 subgroups, each group: 10 participants) about increase knowledge about health nutritional behavior, in daily life and using training methods, including: lectures, individual counseling, group discussions, role playing, reward and texting and also by applying leaflet, pamphlets, flyers, educational videos and PowerPoint slides. Evaluations will conducted by precede proceed model, before intervention and after 2 months

**Category**

Behavior

**2****Description**

Control group: The control group will not receive any intervention by the researcher. Evaluations will conducted by precede proceed model, before intervention and after 2 months

**Category**

Behavior

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

Rasht Health Center

**Full name of responsible person**

Dr. Hojjat Najafzadeh

**Street address**

Saadi street, Rasht Health Center

**City**

Rasht

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

vice chancellor for Research, Guilan University of Medical Sciences

**Full name of responsible person**

Dr Abtin Heidarzadeh

**Street address**

opposite of Sepah Bank, Shahid Beheshti Blvd, rasht

**City**

Rasht

**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, 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**

Guilan University of Medical Sciences

**Full name of responsible person**

Maryam Defaei Boueini

**Position**

MSc Student of Health Education and promotion

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

School of Health, Resalat street, Rasht

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m\_defaie\_b@yahoo.com

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Guilan University of Medical Sciences

**Full name of responsible person**

Dr. Fardin Mehrabian

**Position**

Associate Professor of Health Education and promotion

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## Person responsible for updating data

### Contact

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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*