

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

City

Rasht

Postal code

4188794755

Phone

+98 13 3355 6856

Fax

Email

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

Other areas of specialty/work

Street address

School of Health, Resalat street, Rasht

City

Rasht

Postal code

4188794755

Phone

+98 13 3384 9412

Fax

Email

mehrabian@gums.ac.ir

Web page address

Person responsible for updating data

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

City

Rasht

Postal code

4188794755

Phone

+98 13 3355 6856

Fax

Email

m_defaie_b@yahoo.com

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