Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of parent education based on social cognitive theory to reduce the consumption of unhealthy snacks in the first and second female students in elementary Eghlid

Protocol summary

Summary

Objective: This study aimed to investigate the effect of parental education in the context of social cognitive theory to reduce the consumption of unhealthy snacks in first and second grade girls elementary school will be eghlid. Inclusion criteria: Student girl in first grade and second grade elementary school students; studying in one of the elementary schools eghlid city; having a chronic illness; not mental illness certified by a physician; no special diet under medical supervision; parents Exclusion criteria: parents participate in training sessions; failure to complete the questionnaire completed by parents In this study 102 student of first and second graders (51 in the intervention group and 51 in the control group) were participating in it. This study is a randomized trial. Intervention in the framework of social cognitive theory and two training sessions for parents with group discussion and question and answer booklets will be distributed. The data collection tool was a questionnaire in the three months before and after the intervention to assess the impact of interventions on reducing the consumption of unhealthy snacks in school by parents is completed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015102724744N1**
Registration date: **2015-12-04, 1394/09/13**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-12-04, 1394/09/13

Registrant information

Name

Shahla Sharifi

Name of organization / entity

Shahid Sadughi University Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 35 3820 9110

Email address

shahla.sh62@gmail.com

Recruitment status

Recruitment complete

Funding source

Shahid Sadughi University of Medical Sciences

Expected recruitment start date

2015-04-04, 1394/01/15

Expected recruitment end date

2015-11-22, 1394/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of parent education based on social cognitive theory to reduce the consumption of unhealthy snacks in the first and second female students in elementary Eghlid

Public title

Effect of education to reduce the consumption of unhealthy snacks

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Student girl in first grade and second grade elementary school students; studying in one of the elementary schools Eghlid city; having a chronic illness; not mental illness certified by a physician; no special diet under medical supervision; parents Exclusion criteria: parents participate in training sessions; failure to complete the

Age
From **7 years** old to **8 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **102**

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

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shahid Sadughi University Medical Sciences

Street address
medical sciences pardis, safaie

City
Yazd

Postal code

Approval date
2015-11-15, 1394/08/24

Ethics committee reference number
IR.SSU.SPH.REC.1394.55

Health conditions studied

1

Description of health condition studied
Consumption of unhealthy snacks

ICD-10 code
E67.8

ICD-10 code description
Other specified hyperalimentation

Primary outcomes

1

Description
Reduce the consumption of unhealthy snacks

Timepoint
Before and three months after

Method of measurement
questionnaire designed to assess

Secondary outcomes

empty

Intervention groups

1

Description
In the intervention group, intervention with education on healthy eating for face and also provide educational pamphlets to participants in the intervention group was done.

Category
Behavior

2

Description
In the control group there was no intervention.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Girls' Primary Schools

Full name of responsible person
Madineh Afzali

Street address
Shahid Mohseni School, Street Saheli

City
Eghlid

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahid Sadughi University Medical Sciences

Full name of responsible person
Saeed S Mazloomy Mahmoud Abad

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Medical Sciences Pardis, Sfaie

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Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahid Sadughi University 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
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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