

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 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 hyperalimantation

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 Mazloomi Mahmoud Abad

Street address

Medical Sciences Pardis, Sfaie

City

Yazd

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
Faculty of Health Shahid Sadughi University Medical Sciences

Full name of responsible person
Saeed S Mazloomi Mahmoud Abad

Position
Phd of Health education

Other areas of specialty/work

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Person responsible for updating data

Contact

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Faculty of Health Shahid Sadughi University Medical Sciences

Full name of responsible person
Farahnaz Khabiri

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Head of Graduate Studies

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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