

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of an educational program based on Health Belief Model to promote sexual education style of female adolescents by their mothers

Protocol summary

Summary

This study is a clinical trial study; two groups (intervention and control) to determine the effectiveness of prospective educational program based on health belief model on improving the education of adolescent girls by their mothers. Samples of women living in the town martyr Namjoo organization (corporate houses) are selected. Inclusion criteria: having a girl in their teens, the desire to participate in the study. Exclusion criteria: unwillingness and inability to attend next time study. Sample size of 60 is based on table of random numbers will be divided into two groups (intervention and control groups). Data will be collected by questionnaire. Questionnaire includes five sections: 1. Demographic (14 questions), (2) knowledge (7 items), (3), attitude (9 items), 4. Questions Performance (6), 5. Ask a health belief structures, perceived susceptibility (6 questions), perceived severity (6 questions), Perceived Benefits (5) Perceived Barriers (5), efficacy (6 questions) cues to action (5). The validity and reliability is measured. Validity questionnaire by 10 experts, professors, health education, reproductive health and midwifery will verify that the corrective complimentary renewal will be met, they examined questionnaires and then remove ambiguities, to determine the Reliability questionnaire is used test-retest method. Sample questionnaire mothers by 30 persons (other than dairy groups participating in the study) is completed. After 2 weeks, again questionnaire given to the same people and the reliability will be calculated. The sampling of the study and control groups performed as follows: First we give the questionnaire to both groups Cass and Control. The subjects randomly divide into control and intervention. Classes are held for intervention groups. Educational content based on the results of assessment and research purposes based on the health belief model. Courses are 3 sessions of 45-60 minutes. Teaching is in the form of lectures and question and answer. After 3 months, questionnaires for

intervention groups and control will be formed and will be analyzed. At the end of the study the educational content will be made available to the control group. Study duration will be 10 months from December 2015. The main objective of the project: Effect of an educational program based on Health Belief Model to promote sexual education style of female adolescents by their mothers. And secondary objectives of the project: to determine and compare the average score for perceived susceptibility, perceived severity, perceived advantage, perceived disadvantage will examine. The independent and dependent variable in this study is an educational intervention, Performance of women and Structures of Health Belief Model.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015102824750N2**

Registration date: **2015-11-16, 1394/08/25**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-11-16, 1394/08/25

Registrant information

Name

Nahid Mostofi

Name of organization / entity

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Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source
Tehran University of Medical Sciences

Expected recruitment start date
2015-11-22, 1394/09/01

Expected recruitment end date
2015-12-06, 1394/09/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of an educational program based on Health Belief Model to promote sexual education style of female adolescents by their mothers

Public title
Sexual education of female adolescents

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria: having a girl in their teens; the desire to participate in the study. Exclusion criteria: unwillingness and inability to attend next time study.

Age
From **30 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

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
Tehran university of medical science
Street address

Keshavarz Blvd.GhodsAvenue
City
Tehran
Postal code
Approval date
2015-10-17, 1394/07/25
Ethics committee reference number
IR.TUMS.REC.1394.963

Health conditions studied

1

Description of health condition studied
sexual education
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Perceived susceptibility
Timepoint
Before and three months after intervention
Method of measurement
Questionnaire

2

Description
Sexual education
Timepoint
Before and three months after intervention
Method of measurement
Questionnaire

3

Description
Perceived Severity
Timepoint
Before and three months after intervention
Method of measurement
Questionnaire

4

Description
Perceived benefits
Timepoint
Before and three months after intervention
Method of measurement
Questionnaire

5

Description
Perceived barriers
Timepoint
Before and three months after intervention

Method of measurement

Questionnaire

6

Description

Efficacy

Timepoint

Before and three months after intervention

Method of measurement

Questionnaire

7

Description

Cues to Action

Timepoint

Before and three months after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Knowledge

Timepoint

Before and three months after intervention

Method of measurement

Questionnaire

2

Description

Attitude

Timepoint

Before and three months after intervention

Method of measurement

Questionnaire

3

Description

Action

Timepoint

Before and three months after intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

At first we give the questionnaire to both groups cass and control.The subjects randomly divide into control and intervention.Classes are held for intervention groups.Educational content based on the results of assessment and research purposes based on the health belief model.Courses are 3 sessions of 45-60 minutes.Teaching is in the form of lectures and question

and answer.After 3 months, questionnaires for intervention groups will be formed and will be analyzed.

Category

Other

2

Description

At first we give the questionnaire to both groups Cass and control.The subjects randomly divide into control and intervention.After 3 months, questionnaires for control groups will be formed and and will be analyzed.The educational content will be made available to the control group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Namjoo Corporate dormitories

Full name of responsible person

Nahid Mostofi

Street address

Kargar street, Lashgar cross, Kashan Avenue.Namjoo Corporate dormitories

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Masoud Yunesian

Street address

Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd.floor6

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Nahid Mostofi

Position

Research Expert

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Nahid Mostofi

Position

Research Expert

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Dr. Gholamreza Gharmaroudi

Position

Assistant Professor

Other areas of specialty/work

Street address

School of Public Health, Ghods St., Keshavarz Blvd.

City

Tehran

Postal code

Phone

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