

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

investigating the impact of educational intervention on promotion of preventive behaviors of metabolic syndrome in premenopausal women .

Protocol summary

Summary

(1) Objectives: investigating the impact of educational intervention on promotion of preventive behaviors of metabolic syndrome in premenopausal women in Gachsaran. (2) Design: This study has an intervention type. The sample consists of 130 people which is divided into two groups of 65 people. (3) Setting and conduct: The data is accumulated in field research method and accumulating tools included the health belief pattern questionnaire which is created by researcher, 24-hour dietary recall questionnaire for 3 days and the check list of daily records of duration and intensity of physical activity. Type of intervention is in 3 stages. In first stage both groups are provided with questionnaires and check list and in second stage we are holding educational 4 sessions in one week interval for subject group and in third stage after 2 months the questionnaires and check list would be completed for both group again. (4) Participants including major eligibility criteria, Inclusion criteria: over 40 years women, no menopause, with no history of disease associated with menopause, without consumption of any related drugs to this disease, willingness to corporate, complete contribution in educational sessions. Major Exclusion criteria: lack of input criteria. (5) Intervention: training Intervention. (6) The main outcome measures: knowledge and believes of premenopausal women who their age is above 40 years about preventive behaviors of metabolic syndrome, dietary patterns and physical activities of preventive of metabolic syndrome .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016011924987N1**

Registration date: **2016-01-19, 1394/10/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-19, 1394/10/29

Registrant information

Name

Shirin Davodi

Name of organization / entity

Yasouj univercity of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 74 3322 6850

Email address

davoodishirin@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Yasouj University of Medical Sciences

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

investigating the impact of educational intervention on promotion of preventive behaviors of metabolic syndrome in premenopausal women .

Public title

The impact of educational intervention on preventive behaviors of metabolic syndrome

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: over 40 years women; no menopause; with no history of disease associated with menopause; without consumption of any related drugs to this disease; willingness to participate; complete contribution in educational sessions. Exclusion criteria: lack of input criteria.

Age

From **40 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **130**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Yasouj University of Medical Sciences

Street address

Next to the Damideh health center, Yasouj

City

Yasouj

Postal code

Approval date

2015-07-23, 1394/05/01

Ethics committee reference number

YUMS.REC.1394.84

Health conditions studied

1

Description of health condition studied

-

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

Beliefs of premenopausal women who their age is above 40 years about preventive behaviors of metabolic syndrome

Timepoint

Before the intervention and 2 months after intervention

Method of measurement

Researcher made questionnaire the health belief pattern

2

Description

knowledge of premenopausal women who their age is above 40 years about preventive behaviors of metabolic syndrome

Timepoint

Before the intervention and 2 months after intervention

Method of measurement

Researcher made questionnaire to assess knowledge about preventive behaviors of metabolic syndrome

3

Description

Dietary patterns of preventive of metabolic syndrome

Timepoint

Before the intervention and 2 months after intervention

Method of measurement

24-hour dietary recall questionnaire

4

Description

Physical activities of preventive of metabolic syndrome

Timepoint

Before the intervention and 2 months after intervention

Method of measurement

The check list of daily records of duration and intensity of physical activity

Secondary outcomes

1

Description

-

Timepoint

Method of measurement

Intervention groups

1

Description

Control group: Complete of researcher made questionnaire the health belief pattern, researcher made questionnaire to assess knowledge about preventive behaviors of metabolic syndrome, 24-hour dietary recall questionnaire and check list of daily records of duration and intensity of physical activity.

Category

Prevention

2

Description

Intervention group: Complete of researcher made questionnaire the health belief pattern, researcher made questionnaire to assess knowledge about preventive behaviors of metabolic syndrome, 24-hour dietary recall questionnaire and check list of daily records of duration and intensity of physical activity and Nutrition and physical activity education about of preventive behaviors of metabolic syndrome in 4 sessions of 2 hours.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center Shahid Hussein

Full name of responsible person

Shirin Davodi

Street address

Between lane 5 and 6 North, Karkonan street,
Gachsaran K

City

Gachsaran

2

Recruitment center

Name of recruitment center

Health Center Shahid Motahari

Full name of responsible person

Shirin Davodi

Street address

Boulevard Bessat, Pansad Dastgah Street, Gachsaran

City

Gachsaran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research, Yasouj University of
Medical Sciences

Full name of responsible person

Kambiz Karimzadeh Shirazi

Street address

Next to the Damydeh health center, Yasouj

City

Yasouj

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, Yasouj 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

Yasouj Univercity of Medical Sciences

Full name of responsible person

Shirin Davodi

Position

Master degree student of health education

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yasouj Univercity of Medical Sciences

Full name of responsible person

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Position

PhD Candidate in Health Education

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Shirin Davodi

Position

Master degree student of health education

Other areas of specialty/work

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Phone

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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