

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The effect of education on increase breakfast consumption among female students living in dormitories based on Social Cognitive Theory (SCT)

Protocol summary

Summary

Objective: The aim of this study was to evaluate the effects of an educational intervention based on social cognitive theory to increase breakfast consumption among female students was University of Medical Sciences. Design: 100 female students living in two dormitories of Hamadan University of Medical Sciences by using the table of random numbers were allocated in two groups. Inclusion criteria: - students studying at least one semester before graduating - the consent to participate in research Exclusion criteria: - The absence of more than one session of training sessions - the transfer of students to other universities in the pursuit of Interventions included 3 sessions, manual, posters and 3 cell phone SMS reminders. Measures included the constructs of SCT and consumption of breakfast during the past week. All participants completed questionnaires before, 10 days, and 4 months after the last session.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015111225014N1**

Registration date: **2015-12-19, 1394/09/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-12-19, 1394/09/28

Registrant information

Name

Nooshin Salimi

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 83 4833 1629

Email address

n.salimi@edu.umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Hamadan University of Medical Sciences

Expected recruitment start date

2014-04-25, 1393/02/05

Expected recruitment end date

2014-05-05, 1393/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education on increase breakfast consumption among female students living in dormitories based on Social Cognitive Theory (SCT)

Public title

The effect of education on increase breakfast consumption

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: - students studying at least one semester before graduating; the consent to participate in research Exclusion criteria: - The absence of more than one session of training sessions; the transfer of students to other universities in the pursuit of

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

In this study, the intervention and control groups was not random, but people in each group were selected by using a table of random numbers.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Hamadan University of Medical Sciences

Street address

Hamadan University of Medical Sciences

City

Hamadan

Postal code

Approval date

2014-04-21, 1393/02/01

Ethics committee reference number

16/35/9/6836/پ

Health conditions studied

1

Description of health condition studied

Breakfast skipping

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Behavior

Timepoint

before, 10 days, and 4 months after the last session of

intervention

Method of measurement

questionnaires

Secondary outcomes

1

Description

knowledge

Timepoint

before, 10 days, and 4 months after the last session

Method of measurement

questionnaire

2

Description

outcome expectancies

Timepoint

before, 10 days, and 4 months after the last session

Method of measurement

questionnaire

3

Description

outcome expectations

Timepoint

before, 10 days, and 4 months after the last session

Method of measurement

questionnaire

4

Description

observational learning

Timepoint

before, 10 days, and 4 months after the last session

Method of measurement

questionnaire

5

Description

self-efficacy

Timepoint

before, 10 days, and 4 months after the last session

Method of measurement

questionnaire

6

Description

social support

Timepoint

before, 10 days, and 4 months after the last session

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group: 3 sessions, booklet, poster and 3 cell phone SMS reminders control group:-

Category

Behavior

2

Description

control group :In the control group no intervention was conducted

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Dormitories Of Female Students Hamadan University of Medical Sciences

Full name of responsible person

Nooshin salimi. phd student of health education

Street address

Umsha

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Hamadan University of Medical Sciences

Full name of responsible person

saeid bashirian

Street address

Hamadan, Shahid Fahmideh Blvd, Vice Chancellor for research

City

Hamadan

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 of Hamadan 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

Umsha

Full name of responsible person

Nooshin salimi

Position

Phd student of health education

Other areas of specialty/work

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Hamadan University of Medical Sciences Faculty of Health

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NOOSHIN.SALIMI@YAHOO.COMN.SALIMI@EDU.UMSHA.AC.IR

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamadan University of Medical Sciences Faculty of Health

Full name of responsible person

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Person responsible for updating data

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.AC.IR

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