

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of health education based on theory of planed behavior on preconception care

Protocol summary

Summary

The aim of this study is to determine the effect of education based on the theory of planned behavior doing a preconception care(Criteria for inclusion: All women attending marriage counseling, literacy reading writing, consent to participate in an important loss program) Exclusion criteria included: the continued absence of women in training sessions (one session in the absence of educational interventions), Unwillingness to continue to participate in the study, the women's lack of access to post-test questionnaire, an important loss. The population consisted of 110 women in Asadabad. In the beginning, randomly selected from clients to marriage counseling center. The intervention group and the control group , 60 were selected for each of the groups . For 60 cases, with educational content about the importance of preconception care, both for training by lecture and group discussion will be held and the booklet and pamphlet and at the end of three months after spacing, especially by the women participating in this questionnaire will be filled And training package given to the intervention group and the control group is also given. The primary outcome: increased care coverage before pregnancy. Secondary outcomes: awareness, attitudes, subjective norms, perceived behavioral control and behavioral intention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015121425529N1**
Registration date: **2016-04-17, 1395/01/29**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-17, 1395/01/29

Registrant information

Name

Maryam Valaee Aziz

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 3311 6323

Email address

m.valaeeaziz@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2015-07-23, 1394/05/01

Expected recruitment end date

2015-11-21, 1394/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of health education based on theory of planed behavior on preconception care

Public title

The impact of education through lectures, questions and answers on the increase care coverage preconception care

Purpose

Prevention

Inclusion/Exclusion criteria

Criteria for inclusion: All women attending marriage

counseling, literacy reading writing, consent to participate in an important loss program. Exclusion criteria included: the continued absence of women in training sessions (one session in the absence of educational interventions), Unwillingness to continue to participate in the study, the women's lack of access to post-test questionnaire, an important loss.

Age

From **94 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **110**

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**

Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Basij Sq,
Sardashat, Arak

City

arak

Postal code

3818146851

Approval date

2015-07-06, 1394/04/15

Ethics committee reference number

IR.ARAKMU.RCE.1394.281

Health conditions studied**1****Description of health condition studied**

The effect of health education based on theory of planed behavior on preconception care

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Enhancing behaviors preconception care

Timepoint

Before and after the intervention

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

Attitude: Subjective norms: Perceived behavioral

Timepoint

Before and after the intervention

Method of measurement

Questionnaire

Intervention groups**1****Description**

Control group: After the intervention, a brief leaflet samples from a control group provided educational materials to women.

Category

Prevention

2**Description**

Intervention group: According to the needs assessment done to provide educational materials And in-person meetings with booklets and pamphlets and educational video content to students by the researcher and through lectures, question & answer and discussion.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Marriage Counseling

Full name of responsible person

Maryam valaee aziz

Street address

Emam sq, Marriage Counseling

City

Asadabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr Mohammad Rafie

Street address

Arak University of Medical Sciences, Basij Sq,
Sardashat, Arak

City

Arak University of Medical Sciences, Basij Sq.,
Sardashat, Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Arak 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

Arak University of Medical Sciences

Full name of responsible person

Maryam Valaee Aziz

Position

MSC

Other areas of specialty/work

Street address

Faculty of Health, Golestan Street, Mustafa Khomeini
Area, Arak

City

Asadabad

Postal code

6541753145

Phone

+98 81 3311 6323

Fax

+98 81 3312 2215

Email

m.valaeeaziz@arakmu.ac.ir; valaee.20@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr.Mahboobeh Khorsandi

Position

PhD

Other areas of specialty/work

Street address

Faculty of Health, Golestan Street, Mustafa Khomeini
Area, Arak

City

Arak

Postal code

3818146851

Phone

+98 868633686443

Fax

+98 86 3368 6443

Email

Khorsandi.mahboobeh@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Maryam Valaee Aziz

Position

MSC

Other areas of specialty/work

Street address

Emam sq, Ahmad Khomeini Area

City

Asadabad

Postal code

6541753145

Phone

+98 81 3311 6323

Fax

+98 81 3312 2215

Email

m.valaeeaziz@arakmu.ac.ir; valaee.20@gmail.com

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