

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

The effect of education based on health belief model on nutrition behavior of boys secondary schools

Protocol summary

Summary

The aim of this clinical trial study is to determine the effect of education based on the health belief model on nutritional behavior in secondary school boys in Hamadan. In this quasi-experimental study 120 secondary student boys will be chosen by using random cluster sampling for both intervention and control groups. As there are two areas of education district in Hamadan city, from which, two schools will be selected as the intervention and control group. Then of each section 10 and overall 30 students from each school will be selected. The first, pre-training questionnaires will be completed by both groups, then the intervention group will be trained by researchers and finally, post-training questionnaire will be completed for both groups. Inclusion criteria: male; secondary boys schools; age 12-16. Exclusion criteria: withdrawal from the study for any reason during the study such as death; move.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016101925846N3**
Registration date: **2017-01-06, 1395/10/17**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-01-06, 1395/10/17

Registrant information

Name

Nahid Mohammadi

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 3824 9572

Email address

n.mohammadi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Hamadan University of Medical Science

Expected recruitment start date

2016-09-14, 1395/06/24

Expected recruitment end date

2017-09-14, 1396/06/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education based on health belief model on nutrition behavior of boys secondary schools

Public title

The effect of education on nutrition behavior boys secondary schools

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: male; secondary school; Age 12-16

Exclusion criteria: Withdrawal from the study for any reason during the study such as death; Moved; Failure to attend training sessions (more than one session)

Age

From **12 days** old to **16 days** old

Gender

Male

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 120

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Table of random numbers

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Hamadan University of Medical Science

Street address
Hamadan

City
Hamadan

Postal code
65168

Approval date
2016-07-23, 1395/05/02

Ethics committee reference number
IR.UMSHA.REC.1395.304

Health conditions studied

1

Description of health condition studied
Nutrition Behavior

ICD-10 code
Z72.8

ICD-10 code description
Other problems related to lifestyle

Primary outcomes

1

Description
Behaviour change based on health belief model

Timepoint
Immediately and two months after the intervention

Method of measurement
Feeding behavior questionnaire based on HBM

Secondary outcomes

empty

Intervention groups

1

Description
Training nutritional behavior based on health belief model in three sessions of 45 minutes Contains: The first session: Perceived Barriers and benefits The second session: Perceived susceptibility and severity The third session: Efficacy and guidelines for action

Category
Lifestyle

2

Description
Non training

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Hamadan University of Medical Science

Full name of responsible person
Nahid Mohammadi

Street address
Shahid Fahmide Avenue, University of Medical Science, Hamadan

City
Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Chancellor for research of Hamadan University of Medical Science

Full name of responsible person
Saeid Bashirian

Street address
Shahid Fahmide Avenue, University of Medical Science, Hamadan

City
Hamadan

Grant name
-

Grant code / Reference number
16/35/3777/پ

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

Title of funding source

Chancellor for research of Hamadan University of Medical Science
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
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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