

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Assessing the effect of a training program based on the PRECEDE - PROCEED Model on lifestyle of adolescents with beta thalassemia.

Protocol summary

Summary

The purpose of this study is to evaluate the impact of a model based intervention on lifestyle among adolescents with beta-thalassemia. Study population: adolescents 17 to 20 years of hospital records in thalassemia center in Ahvaz city. Inclusion criteria: Adolescent lives in Ahvaz. Adolescent agreed to participate in the study. Exclusion criteria: Adolescent doesn't participate in a training session. This study is a randomized controlled clinical trial for assessing the effect of training intervention on 60 adolescents with beta-thalassemia was designed. Health-promoting lifestyle profile II (HPLP II), a self-administered questionnaire based on the PRECEDE-PROCEED model and a demographic scale will be used for data collection. Intervention is done in six 60 minute sessions. Data will be collected before and after intervention and one month after the intervention. Expected outcomes of this study is improving the lifestyle of adolescents with beta-thalassemia.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016011125954N3**

Registration date: **2016-02-05, 1394/11/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-02-05, 1394/11/16

Registrant information

Name

Malihe Bazpoor

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 3333 3477

Email address

bazpoor.m@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz University of Medical Sciences

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2016-02-03, 1394/11/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of a training program based on the PRECEDE -PROCEED Model on lifestyle of adolescents with beta thalassemia.

Public title

Assessing the effect of a training program based on the PRECEDE -PROCEED Model on lifestyle of adolescents with beta thalassemia.

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Adolescent lives in Ahvaz. Adolescent agreed to participate in the study. Exclusion criteria: Adolescent doesn't participate in a training session.

Age

From **17 years** old to **20 years** old

Gender

Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: 60

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ahvaz Jundishapur University of Medical Sciences.

Street address

Ahvaz Jundishapur University of Medical Sciences,
Ahvaz, Iran.

City

Ahwaz

Postal code

6135715794

Approval date

2015-12-19, 1394/09/28

Ethics committee reference number

IR.AJUMS.RES.1394.507

Health conditions studied

1

Description of health condition studied

Thalassemia

ICD-10 code

D63.8

ICD-10 code description

Anaemia in chronic diseases classified elsewhere

Primary outcomes

1

Description

life style

Timepoint

before intervention, after intervention, one month after

the intervention.

Method of measurement

Health Promotion Lifestyle Profile

Secondary outcomes

1

Description

predisposing, reinforcing and enabling factor

Timepoint

before intervention, after intervention and one month
after the intervention.

Method of measurement

a self-administered questionnaire base on the PRECEDE-
PROCEED model

Intervention groups

1

Description

case group: Intervention is training about dimension of
lifestyle. Intervention training is a lecture and group
discussion. Training sessions is done at 6 sessions . Each
session is 60 minutes. Sessions to be held once a week.

Category

Lifestyle

2

Description

control group:no intervention.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Bazpoor Malihe

Street address

Thalassemia Center hospital in Ahvaz

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Ghadiri Ataolah

Street address

Ahvaz Jundishapur University of Medical Sciences,

Ahvaz, Iran.

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz Jundishapur 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

Ahvaz university of medical sciences

Full name of responsible person

Malihe Bazpoor

Position

Masters student nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Gheibizadeh Mahin

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Assistant Professor

Other areas of specialty/work

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Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Bazpoor Malihe

Position

Masters student nursing

Other areas of specialty/work

Street address

City

Postal code

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