

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jun 2026

The effect of pender`s health promotion model education on physical activity in employee of health insurance in Hamedan provience

Protocol summary

Summary

The main objective of the project: The effect of pender`s health promotion model education on physical activity in employee of health insurance in Hamedan provience
type of study: This study was quasi-experimental pre-test, post-test and control groups intervention
Inclusion criteria: Subjects must meet the following criteria: - aged 20 to 60 years - the absence of cardiopulmonary disease - lack of physical disability or underlying disease that physical activity is effective. - Willingness to participate and cooperate in research. - Lack of physical and psychological problems over the past month - avoiding medications that have an effect on physical activity
Exclusion criteria: - the unwillingness of participants to continue to participate in the study - carried out the study for any reason during the study, such as the death, moved, - absence of training sessions over a meeting
Sample size: 130 Intervention time: two months

General information

Acronym

HPM

IRCT registration information

IRCT registration number: **IRCT2016040527234N1**

Registration date: **2016-04-29, 1395/02/10**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-04-29, 1395/02/10

Registrant information

Name

Aliasghar Jafari

Name of organization / entity

Medical Sciences University

Country

Iran (Islamic Republic of)

Phone

+98 81 3823 8983

Email address

a.jafari@edu.umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Hamedan University of Medical Sciences

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2016-07-22, 1395/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of pender`s health promotion model education on physical activity in employee of health insurance in Hamedan provience

Public title

The effect of education on physical activity

Purpose

Health service research

Inclusion/Exclusion criteria

(Inclusion criteria: Age 20 to 60 years ; Lack of cardiopulmonary Disease ; Lack of physical disability or underlying disease that physical activity is effective ; Willingness to participate and cooperate in research ; Lack of physical and psychological problems over the past month ; Avoiding medications that have an effect on physical activity).(Exclusion criteria: The unwillingness of participants to continue to participate in research ; Exclusion from the study for any reason during the study,

such as death, moved, ... ; Failure to attend training sessions over a meeting)

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **130**

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

Medical Sciences University

Street address

Hamadan

City

Hamadan

Postal code

Approval date

2015-12-05, 1394/09/14

Ethics committee reference number

IR.UMSHA.REC.1394.392

Health conditions studied

1

Description of health condition studied

Persons encountering health services for examination and investigation

ICD-10 code

Z64.2,

ICD-10 code description

(Seeking and accepting physical, nutritional and chemical interventions known to be hazardous and harmful

Primary outcomes

1

Description

Physical Actyvity

Timepoint

2 MOUNDS

Method of measurement

Questionnaire's Pender AND IAPQ

Secondary outcomes

1

Description

Exercise

Timepoint

2 MOON

Method of measurement

questionnaire

Intervention groups

1

Description

(Intervention groups): Initially a questionnaire about physical activity and health promotion model constructs physical activity questionnaire for pre-test to be completed by both the intervention and control groups. Then in the form of lectures and question and answer sessions and movie player.

Category

Behavior

2

Description

(Control group): Just two months after the intervention to assess the final and post-test data collection is done using the initial questionnaire. And both intervention and control groups, health promotion and physical activity questionnaire completed model structures pender. During this period, no training is not intended for the control group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Insurance

Full name of responsible person

Aliasghar Jafari

Street address

squ, shariati

City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Saeid Bashirian

Street address

Fornt of Park Mellat

City

Hamadan

Grant name

تحقيقات

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Hamedan 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**

Hamadan Medical Sciences University

Full name of responsible person

Ali Asghar Jafari

Position

masters

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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