

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Sep 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

**Other areas of specialty/work**
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**Web page address**

## Person responsible for scientific inquiries

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Faculty

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## Person responsible for updating data

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Masters

**Other areas of specialty/work**
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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