

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jun 2026

The effect of health behavior counseling on the self-care of 39-51 aged women among participating of Jahanshahr women's park in Karaj

Protocol summary

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Summary

The aim of this study is evaluating the effect of health behavior counseling on the level of self-care among 39-51 aged women participating of Jahanshahr women's park in Karaj. This study is a clinical trial with one group before and after intervention which the target sample will be 39-51 aged women participating of Jahanshahr women's park in Karaj. In this study 74 women who met the inclusion criteria were assigned simple sampling. First, the level of self-care will be assessed by pre-menopause questionnaire. Then, the counselling process will be conducted for at least 5 session 45-60 minutes. Three months later, the level of self-care will be assessed again. Finally, the data will be analyzed.

Recruitment status

Recruitment complete

Funding source

Alborz University of Medical Sciences

Expected recruitment start date

2016-05-09, 1395/02/20

Expected recruitment end date

2016-09-10, 1395/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016042427557N1**

Registration date: **2016-05-18, 1395/02/29**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-05-18, 1395/02/29

Registrant information

Name

Mahnaz Akbari Kamrani

Name of organization / entity

Alborz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 26 3433 6007

Email address

Scientific title

The effect of health behavior counseling on the self-care of 39-51 aged women among participating of Jahanshahr women's park in Karaj

Public title

The effect of health behavior counseling on pre-menopause self-care

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 39-51 years old; irregular menstruation (recently); without history of; known physical and mental disease (as diabetes, thyroid disease, high blood pressure, arthritis, cancer...); used pre-menopause drugs; addiction; being Iranian; liberated. Exclusion criterion: not being interested to continue the study.

Age

From **39 years** old to **51 years** old

Gender

Female

Phase

N/A
Groups that have been masked
No information
Sample size
Target sample size: 74
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Alborz University of Medical Sciences

Street address

Department of Nursing., Alborz University of Medical Science., Eshteraki St., Baghestan Blv

City

Karaj

Postal code

561-31452

Approval date

2016-04-25, 1395/02/06

Ethics committee reference number

Abzums.Rec.1395,12

Health conditions studied

1

Description of health condition studied

Menopausal and female climacteric states

ICD-10 code

N95.9

ICD-10 code description

Menopausal and female climacteric states

Primary outcomes

1

Description

Improvinf level of self-care

Timepoint

Pre and 3 months after intervention

Method of measurement

Self-care questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention will be included 5 session health behavior counseling that conducted during 45-60minutes.

Category

Lifestyle

Recruitment centers

1

Recruitment center**Name of recruitment center**

Jahanshahr women's park

Full name of responsible person

Katayoon Faraji

Street address

Jahanshahr

City

Karaj

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Alborz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Javad Gharavi

Street address

Research& Technology Office., Alborz University of Medical Science., Yasamin St., Poneh St., - Golshahr Blv.,

City

Karaj

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

Yes

Title of funding source

Alborz 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

Alborz University of Medical Sciences

Full name of responsible person

Katayoon Faraji

Position

Master student of counseling in midwifery

Other areas of specialty/work**Street address**

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katayoon_faraji@yahoo.com

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Alborz University of Medical Sciences

Full name of responsible person

Dr. Mahnaz Akbari Kamrani

Position

Assistant Professor/ PhD

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

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