Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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

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.

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

dr.akbarikamrani@abzums.ac.ir

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

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

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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