

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 2026

### The effect of educational based on BASNEF model on nutrition and weight control of middle- age women.

#### Protocol summary

##### Summary

This is a quasi-experimental study. The purpose of this study is evaluation of the effectiveness of health education based on BASNEF model on nutritional and weight- control behaviors in middle age women covered by health centers in the south of Tehran. Inclusion criteria: Aged between 30-59. No participation in the same educational classes. Wishing to participate in the study. Exclusion criteria: having missed a single session of training sessions. Unwillingness to continue the study. During the implementation of the study, women participate in another research with the same subject. The sample were All women aged 30 - 59 were covered by health centers in south of Tehran. A total of 100 clients who were eligible for the study and were randomly divided into two groups (control and experimental (.intervention program consisted of four sessions of 60 minutes in this study. Primary outcomes were Awareness, Attitude, Subjective Norms, Enabling Factors and Intent to Act. Data will be collected using self-reported questionnaire before and 4 weeks after education.

#### General information

##### Acronym

does not.

##### IRCT registration information

IRCT registration number: **IRCT2016042427566N1**

Registration date: **2016-06-26, 1395/04/06**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-06-26, 1395/04/06

##### Registrant information

##### Name

Fatemeh Khodajoo

##### Name of organization / entity

School of Nursing and Midwifery, Tehran University of Medical Sciences

##### Country

Iran (Islamic Republic of)

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##### Recruitment status

**Recruitment complete**

##### Funding source

Tehran University of Medical Science - Vice-Chancellor for Research.

##### Expected recruitment start date

2016-05-10, 1395/02/21

##### Expected recruitment end date

2016-06-14, 1395/03/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of educational based on BASNEF model on nutrition and weight control of middle- age women.

##### Public title

Effect of education on nutrition and weight control.

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

Inclusion criteria: being able to speak in Persian; Aged between 30-59; No participation in the same research or educational classes; Being able to read and write; Availability of telephone to follow up in experimental

group and make a contact to do post- test in control group. Wishing to participate in the study. Exclusion criteria: having missed a single session of training sessions; Unwillingness to continue the study; Disease resulted in hospitalization. During the implementation of the study; women participate in another research with the same subject.

**Age**

From **30 years** old to **59 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **100**

**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**

Ethical Review Committee of Tehran University of Medical Sciences

**Street address**

6th floor, Central building of Tehran University of Medical Sciences, Ghods St., Keshavarz Blvd. Tehran

**City**

Tehran

**Postal code****Approval date**

2016-03-01, 1394/12/11

**Ethics committee reference number**

IR.TUMS.REC.1394.2109

**Health conditions studied****1****Description of health condition studied**

nutritional behaviors and weight control

**ICD-10 code**

Z71.3, Z72

**ICD-10 code description**

obesity, inappropriate diet or eating habits

**Primary outcomes****1****Description**

Nutritional behaviors

**Timepoint**

Preintervention and 4 weeks later

**Method of measurement**

Component model questionnaire

**2****Description**

Weight- control behaviors

**Timepoint**

Preintervention and 4 weeks later

**Method of measurement**

Component model questionnaire

**Secondary outcomes****1****Description**

life style (nutritional and weight control)

**Timepoint**

Preintervention and 4 weeks late

**Method of measurement**

Component model questionnaire

**Intervention groups****1****Description**

Pre - test was used in experimental group at baseline. Experimental group gave lifestyle education program in both nutritional and weight-control behavior. Healthy lifestyle education intervention program in this study consisted of four session of 60 minutes. Giving a lecture and questioning - answering and discussion method were used to educate the middle age women. Experimental group was educated about the importance of healthy lifestyle and the role of it in preventing disease and health promotion. Sessions include: two session "the basics of healthy nutrition in the middle age women, with an emphasis on BASNEF model components". One session "weight-control ". One session "conclusion". Intervention took two week in general.

**Category**

Lifestyle

**2****Description**

In the control group, adolescents in the initiation of intervention and 4 weeks after intervention fill out the questionnaire. Control group don't receive any

intervention

**Category**

Lifestyle

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

South Tehran Health Centers

**Full name of responsible person**

Fatemehkhodajoo

**Street address**

Tehran

**City**

Tehran

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Vice Chancellor for Research, Tehran University of Medical Sciences

**Full name of responsible person**

Masud Yunesian

**Street address**

6th floor, Tehran University of medical sciences, Ghods Ave., Keshavarz Blv.

**City**

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**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Vice Chancellor for Research, Tehran 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**

Faculty of Nursing and Midwifery (Tehran University of Medical Science)

**Full name of responsible person**

Fatemehkhodajoo

**Position**

Master Student of Nursing

**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*