

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

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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

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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.

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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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Person responsible for scientific inquiries

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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