

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

15 Jul 2026

### The impact of social marketing model based educational intervention to reduce salt consumption in people aged between 25-50 years old and comparison with people will not receive the intervention

#### Protocol summary

Registration timing: **registered\_while\_recruiting**

##### Summary

**Aims:** Aim of this study is evaluation of the effect of an intervention based on social marketing model on reduction of salt intake. **Design:** The study population is 103 people of Yasuj that aged between 25 - 50 years old. This people will be allocated to intervention group (52 people) and comparison group (51 people) based on amount of daily salt intake. **Method:** This study has three phases: design, implementation and evaluation. A formative research is used in designing phase. Data for the quantitative study will be collected using Standard questionnaire based on Knowledge, attitude and practice of salt intake. Intervention programs are developed based on formative research data's analysis and be conducted for one month. Two months after the intervention among study population, Knowledge, attitude, practice of salt intake and the amount of urinary salt are measured again and will be compared with the comparison group and baseline status. **Participants:** Study population is Yasuj residents with the age range of 25 - 50 year. People with special diet due to cardiovascular disease, hypertension and diabetes will not be included in the study. **Interventions:** intervention program will consist of: holding educational classes, providing consultation and distribution of pamphlet among intervention group. The main outcome variables: primary outcome variable are raising awareness and improving the attitude and practice of salt consumption. Secondary outcome variable is measuring the amount of salt in the urine of the intervention group

Last update:

Update count: **0**

##### Registration date

2016-12-19, 1395/09/29

##### Registrant information

###### Name

Mehdi Layeghi Asl

###### Name of organization / entity

Yasuj University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 74 3322 6850

###### Email address

mehdi.layeghi@yums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor of Research, Yasuj University of Medical Sciences

##### Expected recruitment start date

2016-10-01, 1395/07/10

##### Expected recruitment end date

2016-12-30, 1395/10/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The impact of social marketing model based educational intervention to reduce salt consumption in people aged

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016042427568N1**

Registration date: **2016-12-19, 1395/09/29**

between 25-50 years old and comparison with people will not receive the intervention

## Public title

The impact of social marketing model to reduce salt consumption

## Purpose

Prevention

## Inclusion/Exclusion criteria

Inclusion criteria: Yasuj residents with the age range of 25 - 50 year that sign informed consent to participate in the study. Exclusion criteria: People with special diet due to cardiovascular disease, hypertension and diabetes and people who do not complete questionnaire or people who do not give a urine sample or people who do not participate in the study.

## Age

From **24 years** old to **49 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: **103**

## 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

Ethics committee of Yasuj University of Medical Sciences

##### Street address

Yasuj University of Medical Sciences, Shahid Motahari Bolv,

##### City

Yasuj

##### Postal code

#### Approval date

2016-08-15, 1395/05/25

#### Ethics committee reference number

IR.YUMS.REC.1394.146

## Health conditions studied

### 1

#### Description of health condition studied

The amount of salt consumption

#### ICD-10 code

T57.3

#### ICD-10 code description

Toxic effect: Strychnine and its salts

## Primary outcomes

### 1

#### Description

Knowledge, Attitude and Practice

#### Timepoint

Before the intervention and two months after that

#### Method of measurement

Questionnaire

## Secondary outcomes

### 1

#### Description

The urinary sodium

#### Timepoint

Before intervention and two months after that

#### Method of measurement

The measurement of urinary sodium using Kawasaki test

## Intervention groups

### 1

#### Description

There is no intervention for comparison group.

#### Category

Behavior

### 2

#### Description

Intervention group will receive below interventions during one month: Five Educational sessions about too much salt intake and its effect on health and ways to reduce salt intake. Each session lasts 45 minute. Consultation about advantages of salt reduction and distribution of pamphlet.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shahid Sadoghi Health Center

**Full name of responsible person**

Medli Layeghi Asl

**Street address**

In front of Bahrestan Bread Complex, Jomhori Blvd

**City**

Yasuj

**2****Recruitment center****Name of recruitment center**

Shahid Ashrafi Health Center

**Full name of responsible person**

Medli Layeghi Asl

**Street address**

Alley 6, Bamonar Blvd,

**City**

Yasuj

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice chancellor of Research, Yasuj University of Medical Sciences

**Full name of responsible person**

Doctor Abdolmohammad Moosavi

**Street address**

Vice chancellor for research, Yasuj University of Medical Sciences, Motaahari Blvd,

**City**

Yasuj

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

Yes

**Title of funding source**

Vice chancellor of Research, Yasuj 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**

School of Public Health, Yasuj University of Medical Sciences

**Full name of responsible person**

Mehdi Layeghi asl

**Position**

Master of Science

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

Shahid Dastjerdi Street, Emam Hosein Square,

**City**

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**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

School of Public Health, Yasuj University of Medical Sciences

**Full name of responsible person**

Doctor Mohsen Shams

**Position**

Ph.D in Health Education and Promotion

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Shahid Dastjerdi Street, Emam Hosein Square, Yasuj

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m.layeghiasl@gmail.com

**Web page address**

**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*