

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jul 2026

### Investigating effects of breast cancer screening education based on Systematic comprehensive Health Education and Promotion model to health volunteers on women's knowledge, attitude and practice

#### Protocol summary

##### Summary

This study aimed at examining the effectiveness of breast cancer screening education based on systematic health education and promotion model (SHEP) to health volunteers on the knowledge, attitude and performance of women who attended to health care centers in Mashhad. Design: This was an interventional study with a pretest-posttest control group design. Procedure: Using a systematic random sampling 12 health volunteers and 120 women who had referred to health care centers in Mashhad were selected and were randomly assigned to control and case groups. The study was conducted in two phases. In the first phase, the health volunteers in the case group were trained on breast cancer screening based on the model for two four-hour sessions. The control group received the usual training program. Then in each health care center, 10 women were assigned to each health volunteer. Each volunteer held a 2 hour training session for her participants. Inclusion criteria for health volunteers were: a minimum age of 20 years at the baseline, having at least a high school level of education, and consent to participate in the study. Inclusion criteria for women referring to health care centers were: minimum age of 20 years at the baseline, willingness to participate in the study, and reading and writing literacy. Exclusion criteria were: discontented to continue the study, and presence of less than 30 minutes in the training session. Intervention: the intervention in this study was training intervention using SHEP model. Main outcome variables also included knowledge, attitude and performance.

#### General information

##### Acronym

SHEP

##### IRCT registration information

IRCT registration number: **IRCT2016050427746N1**

Registration date: **2016-07-02, 1395/04/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-07-02, 1395/04/12

##### Registrant information

###### Name

Shadan Nessari Ashkezari

###### Name of organization / entity

Mashhad University Medical of Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 51 3867 0542

###### Email address

nesarish921@mums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research, Mashhad University of Medical Sciences

##### Expected recruitment start date

2015-09-23, 1394/07/01

##### Expected recruitment end date

2015-12-18, 1394/09/27

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Investigating effects of breast cancer screening education based on Systematic comprehensive Health Education and Promotion model to health volunteers on women's knowledge, attitude and practice

2015-08-15, 1394/05/24

**Ethics committee reference number**  
IR.MUMS.REC.1394.335

**Public title**

Breast cancer screening education

**Purpose**

Prevention

**Inclusion/Exclusion criteria**

Inclusion criteria for health volunteers were: a minimum age of 20 years at the baseline, having at least a high school level of education, and consent to participate in the study. Inclusion criteria for women referring to health care centers were: minimum age of 20 years at the baseline; willingness to participate in the study; and reading and writing literacy. Exclusion criteria were: discontent to continue participation in the study; and the presence of less than 30 minutes in the training session.

**Age**

From **74 years** old to **15 years** old

**Gender**

Female

**Phase**

2-3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **132**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Random number table

**Secondary Ids**

empty

**Ethics committees**

1

**Ethics committee**

**Name of ethics committee**

Ethics committee of Mashhad University of Medical Sciences

**Street address**

Knowledge and Health City, In the end of Shahid Fakouri Blvd., Mashhad, Iran

**City**

Mashhad

**Postal code**

9177899191

**Approval date**

**Health conditions studied**

1

**Description of health condition studied**

Knowledge, attitude and performance about breast cancer screening

**ICD-10 code**

-

**ICD-10 code description**

-

**Primary outcomes**

1

**Description**

Knowledge

**Timepoint**

Before intervention; Immediately after intervention; One month after intervention

**Method of measurement**

Knowledge evaluating questionnaire

2

**Description**

Attitude

**Timepoint**

Before intervention; Immediately after intervention; One month after intervention

**Method of measurement**

Attitude evaluating questionnaire

3

**Description**

Practice

**Timepoint**

Before intervention; Immediately after intervention; One month after intervention

**Method of measurement**

Intend to do mammography and breast clinical examination questionnaire and a breast self examination checklist

**Secondary outcomes**

empty

**Intervention groups**

1

**Description**

Intervention group1:An 8-hours breast cancer screening workshop conformity SHEP model was conducted over 2 days for health volunteers in experimental group.

**Category**

Other

**2****Description**

Control group1: Health volunteers in control group had their routine educational program.

**Category**

Other

**3****Description**

Intervention group 2: A 2-hours breast cancer screening educational section based on SHEP model was performed for women in experimental group by health volunteers in experimental group.

**Category**

Other

**4****Description**

Control group2: A 2-hours breast cancer screening educational section was performed based on Health centers routine education for women in control group by health volunteers in control group.

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Abo-bargh Health center

**Full name of responsible person**

Dr. Hassan Ashrafi

**Street address**

In the end of Vila st, Shahid Fakouri Blvd

**City**

Mashhad

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

Shahid Najafi Health center

**Full name of responsible person**

Dr. Nahid Gazzani

**Street address**

Haghshenas St, Fakour 74 St , Shahid Fakouri Blvd

**City**

Mashhad

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

Vice chancellor for research of Mashhad University of Medical Sciences

**Full name of responsible person**

Dr. Mohsen Tafaghodi

**Street address**

Administration Center (Qoreishi Building), Daneshgah Street, Mashhad, Iran

**City**

Mashhad

**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 of Mashhad 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**

Nursing and Midwifery school

**Full name of responsible person**

Khadigeh Mirzaiinajmabadi

**Position**

Reproductive health (PhD)/ Associated professor of midwifery department

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

Midwifery department of nursing and midwifery school

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

Mashhad University of Medical Sciences

**Full name of responsible person**

Shadan Nessari Ashkezari

**Position**

Master student of midwifery

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

No 54, Laleh 10 St, Shahid Fakouri 17 Ave, Haft-e Tir Blvd

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

Shadan Nessari Ashkezari

**Position**

Master student of Midwifery

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