

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effects of a health belief model based education program on nutritional behaviors for preventing cardio vascular disease among women aged 30 to 45

Protocol summary

Summary

Study goal: to determine the effects of an education program on preventive nutritional behaviors of cardiovascular disease among 30 to 45 years old women. Design: This is a field trial in which 263, thirty to forty-five years old women registered in urban district health centers of Sisakht city will be studied. Setting and conduct: After data analyzing of the first phase of the study, 65 women living in one of the six urban blocks will be randomly selected to participate in the second phase of the study. Inclusion criteria: female aged 30 to 45; capable of reading and writing; willing to participate in the study and lack of cardiovascular disease or a history of the treatment. Exclusion criteria: Clinically diagnosed with a cardiovascular disease, non-attending to training sessions or unable to participate in consent procedures. Intervention: instructions will be designed and implemented based on the Health Belief Model, using a six- staged health education planning approach that recommended by World Health Organisation in 2012. Main outcome measures: The data will be gathered using questionnaires for knowledge assessment and other model constructs such as perceived susceptibility, severity, benefits, barrier and self-efficacy. The data of nutritional behaviours regarding carbohydrate, protein and fat consumption will be collected using a food frequency questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016102528378N2**
Registration date: **2017-10-07, 1396/07/15**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-10-07, 1396/07/15

Registrant information

Name

Kambiz Karimzadeh Shirazi

Name of organization / entity

Social determinants of health research center, school of health, Yasuj University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 74133220881

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Yasuj university of medical sciences

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2018-02-20, 1396/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of a health belief model based education program on nutritional behaviors for preventing cardio vascular disease among women aged 30 to 45

Public title

Preventive nutritional education for cardio vascular disease

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria: female with age from 30 to 45; capability of reading and writing; desiring to participate in the study and lack of cardiovascular disease or a history of the treatment Exclusion criteria: Clinically diagnosed with a cardiovascular disease, lack of attendance at training sessions or lack of desire to continue to participate in the study

Age
From **30 years** old to **45 years** old

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **65**

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
Ethics committee of Yasuj University of Medical Sciences

Street address
Staff building, school of health, Dastjerdi avenue, Ostandari Square

City
Yasuj

Postal code

Approval date
2016-06-25, 1395/04/05

Ethics committee reference number
IR.YUMS.Rec.1395.62

Health conditions studied

1

Description of health condition studied
preventive nutritional behaviours of cardiovascular disease

ICD-10 code
Z55.8

ICD-10 code description
Other problems related to education and literacy
Inadequate teaching

Primary outcomes

1

Description
preventive nutritional behaviours of cardiovascular disease

Timepoint
Before and 2 weeks after the intervention

Method of measurement
Food Frequency Questionnaire

Secondary outcomes

1

Description
perceived susceptibility

Timepoint
Before and 2 weeks after the intervention

Method of measurement
Questionnaire

2

Description
Perceived severity

Timepoint
Before and 2 weeks after the intervention

Method of measurement
Questionnaire

3

Description
perceived benefits

Timepoint
Before and 2 weeks after the intervention

Method of measurement
Questionnaire

4

Description
perceived barriers

Timepoint
Before and 2 weeks after the intervention

Method of measurement
Questionnaire

5

Description

Sef-efficacy

Timepoint

Before and 2 weeks after the intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Educational intervention is based on the Health belief model. Educational methods include lecturing, questions and answers, and counselling. Educational tools such as pamphlets, posters, instructional guides, and movie presentations are used. The intervention contains six sessions being held for a one hour-session per week.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Bastar darman center

Full name of responsible person

Mehrdad Karami

Street address

City

Sisakht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Yasuj University of Medical Sciences

Full name of responsible person

Hossien Mari Ooriyad

Street address

Shahid Motahari avenue, main building of deputy of research

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 for research of 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

Yasuj University of Medical Sciences, school of health, social determinants of health research centre

Full name of responsible person

Kambiz Karimzadeh Shirazi

Position

Faculty member, PhD

Other areas of specialty/work

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Person responsible for scientific inquiries

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Kambiz Karimzadeh Shirazi

Position

Faculty member, PhD

Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

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Faculty member, PhD

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Fax**Email****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