

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

The effect of health promoting lifestyle empowerment on nurses

Protocol summary

Summary

Aim of this study is the effect of empowerment on nurses' health-promoting lifestyle. This is a quasi-experimental study with pre-test and post-test . 100 nurses sampling and divided into intervention and control groups randomly. Nurses are randomly selected. Educational content will be prepared based on pre-test results and will be conducted 6 training sessions for the intervention group. Data were collected by demographic and health-promoting lifestyle questionnaire, knowledge, attitudes, self-efficacy, self-esteem and self-control takes place. After 6 weeks will test analysis.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016063028719N1**

Registration date: **2016-07-15, 1395/04/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-15, 1395/04/25

Registrant information

Name

Shokofe Darkhor

Name of organization / entity

Shahid Beheshti University of Medical Medical

Country

Iran (Islamic Republic of)

Phone

+98 21 8865 5366

Email address

shokofe.darkhor@yahoo.com

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences and Health Services

Expected recruitment start date

2016-06-10, 1395/03/21

Expected recruitment end date

2016-06-16, 1395/03/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of health promoting lifestyle empowerment on nurses

Public title

The effect of education lifestyle

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Language; The lack of chronic disease

Exclusion criteria: Participating in the same study; Not wanting to take part in meetings; The absence of more than two sessions

Age

From **21 years** old to **55 years** old

Gender

Both

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
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahid Beheshti University of Medical Sciences -
School-Of-Nursing-And-Midwifery

Street address

Iran, Tehran Velenjak St. , Shahid Chamran Highway

City

Tehran

Postal code

1985717443

Approval date

2016-03-01, 1394/12/11

Ethics committee reference number

IR.SBMU.PHNM.1394.329

Health conditions studied

1

Description of health condition studied

life style nurses

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Knowledge

Timepoint

6Week

Method of measurement

questionnaire

2

Description

Attitude

Timepoint

6Week

Method of measurement

questionnaire

3

Description

self esteem

Timepoint

6Week

Method of measurement

questionnaire

4

Description

Self Efficacy

Timepoint

6Week

Method of measurement

questionnaire

5

Description

selfcontrol

Timepoint

6Week

Method of measurement

questionnaire

Secondary outcomes

1

Description

empower

Timepoint

6 week

Method of measurement

questionnaire

Intervention groups

1

Description

In the intervention group training class will be 6 sessions

Category

Lifestyle

2

Description

In the control group do not Intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti university of Medical Sciences -
School of Nursing & Midwifery

Full name of responsible person

Shokofe Darkhor

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Iran, Tehran Velenjak St. , Shahid Chamran Highway

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Email

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Web page address

http://nm.sbm.ac.ir/

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

Shahid Beheshti university of Medical Sciences -

School of Nursing & Midwifery

Full name of responsible person

Mahrokh Dolatian

Street address

Iran, Tehran Velenjak St. , Shahid Chamran Highway

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Tehran

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

Yes

Title of funding source

Shahid Beheshti university of Medical Sciences - School of Nursing & Midwifery

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**

Shahid Beheshti university of Medical Sciences-

School of Nursing & Midwifery

Full name of responsible person

Shokofe Darkhor

Position

Bachelor

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

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

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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