

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

Evaluation the effectiveness of life style promotion plan on non-communicable diseases and associated behavioral and clinical risk factors

Protocol summary

Summary

Aim: The Life style promotion project (LPP) is a long term community-based project for prevention and control of non-communicable diseases (NCDs). In this project, the healthy lifestyle promotion plan will be implemented by the health policy agenda of East Azerbaijan province. This study is a community based intervention trial for measuring performance of healthy lifestyle promotion plan. **Design and methods:** This study is a prospective follow-up research in which data recollection will be performed every 2 years after the intervention initiated. The healthy lifestyle promotion interventions are as follows: 1 Running at least 30 training courses of healthy lifestyle during one year in health centers, each for 1 hour (healthy eating, nutrition for prevention and control of non-communicable diseases, mental health) and running healthy lifestyle campaigns (reducing salt, sugar and oil intake, increasing dairy products intake, increasing physical activity level, reducing anxiety and smoking) each for 2 months using banners, posters and pamphlets. These programs will be implemented by the health policy agenda of East Azerbaijan province. A total of 3000 participants with aged 15-65 years will be enrolled to evaluate the impact of healthy life style interventions. Data will be collected based on interviews, physical assessments, and anthropometric measurements by visiting households via a team of health experts based on cluster sampling. The research primary goal is determining differences in the prevalence of major NCDs risk factors and outcomes before and after healthy life style intervention.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2016070428787N1**

Registration date: **2016-07-25, 1395/05/04**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-07-25, 1395/05/04

Registrant information

Name

Leila Nikniaz

Name of organization / entity

Tabriz health services management research center

Country

Iran (Islamic Republic of)

Phone

+98 41 3655 2890

Email address

nikniazl@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tabriz University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2017-03-20, 1395/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation the effectiveness of life style promotion plan on non-communicable diseases and associated behavioral and clinical risk factors

Public title
Evaluation the effectiveness of life style promotion plan on non-communicable diseases

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria: adults aged between 15 - 64 years; having Iranian nationality Exclusion criteria: adults with severe chronic illness requiring bed rest; physical disability; mental disability; the presence of communication barriers; pregnant women

Age
From **15 years** old to **64 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **3000**

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

1

Registry name
-

Secondary trial Id
-

Registration date
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Tabriz University of Medical Sciences

Street address
Tabriz University of Medical Sciences, Daneshgah Ave., Tabriz

City
Tabriz

Postal code

Approval date
2015-02-09, 1393/11/20

Ethics committee reference number

1394.383

Health conditions studied

1

Description of health condition studied

non communicable diseases

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

non communicable diseases

Timepoint

every 2 years

Method of measurement

questionnaires,hospital records and biomedical assessment

Secondary outcomes

1

Description

Risk factors of noncommunicable diseases

Timepoint

every 2 years

Method of measurement

questionnaires,Anthropometric examinations and biomedical assessment

Intervention groups

1

Description

Running at least 30 training courses of healthy lifestyle during one year in health centers, each for 1 hour (healthy eating , nutrition for prevention and control of non-communicable diseases, mental health) Running healthy lifestyle campaigns (reducing salt, sugar and oil intake, increasing dairy products intake, increasing physical activity level, reducing anxiety and smoking) each for 2 months using banners, posters and pamphlets

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Households in East Azerbaijan province

Full name of responsible person

Leila Nikniaz

Street address

NPMC, Tavanir exit, Pasdaran highway, Tabriz
City
Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Tabriz University of Medical Sciences

Full name of responsible person
Dr. Hussein Abdollahi

Street address
Tabriz University of Medical Sciences, Daneshgah Ave., Tabriz

City
Tabriz

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, Tabriz 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
Tabriz University of Medical Sciences

Full name of responsible person
Dr. Leila Nikniaz

Position
PhD/ Assistant professor

Other areas of specialty/work

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Person responsible for updating data

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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