

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Investigation the Effect of the Educational intervention Based on Self efficacy Theory on self-efficacy, health literacy and Health Promoting Lifestyles among Health volunteers

Protocol summary

Summary

The aim of this study is to evaluate the effect of educational intervention based on self-efficacy theory on self-efficacy, health literacy and lifestyle of Health volunteers in Neyshabur. Materials and Methods: The study is a quasi-experimental study carried out on 80 health volunteers who are randomly divided into experimental and control groups of 40 people. The data collection instruments are Healthy Lifestyle questionnaire, Sherer General Self-Efficacy scale and TOFHLA questionnaire. Inclusion criteria: Being health volunteer, the ability to read and write; interest to participate in the training class. exclusion criteria: The absence in one of the class sessions. The educational intervention was designed based on the self-efficacy theory and was performed in four educational sessions lasting 60 minutes by group discussion, brainstorming, questions and answers. Immediately and three month after the intervention, post tests were done. main outcome measures : Change in self-efficacy, health literacy and healthy lifestyle.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016101628863N7**
Registration date: **2017-02-19, 1395/12/01**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-02-19, 1395/12/01

Registrant information

Name

Nooshin Peyman

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 915 502 6195

Email address

peymann@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Mashhad University of Medical Sciences

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2016-02-19, 1394/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation the Effect of the Educational intervention Based on Self efficacy Theory on self-efficacy, health literacy and Health Promoting Lifestyles among Health volunteers

Public title

Education based on the theory of self efficacy theory on the health promoting lifestyles among health volunteers

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Being health volunteer, the ability to

read and write; interest to participate in the training class. exclusion criteria: The absence in one of the class sessions

Age

From **17 years** old to **59 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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 Mashhad University of Medical Sciences

Street address

School of Health, Daneshgah18 Street, Danshgah Avenue, Mashhad

City

Mashhad

Postal code

Approval date

2015-12-05, 1394/09/14

Ethics committee reference number

IR.mums.ac.rec.1394.550

Health conditions studied

1

Description of health condition studied

Investigation the Effect of the Educational intervention Based on Self efficacy Theory on self-efficacy, health literacy and Health Promoting Lifestyles among Health volunteers

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

Self- efficacy

Timepoint

Before - immediately and 3 months later

Method of measurement

Sherer General Self-Efficacy questionnaire

2

Description

Health Promoting Lifestyles

Timepoint

Before - immediately and 3 months later

Method of measurement

Health-Promoting Lifestyle Profile II questionnaire

3

Description

health literacy

Timepoint

Before - immediately and 3 months later

Method of measurement

Test of Functional Health Literacy in Adults questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The educational intervention was designed based on the self-efficacy theory and was performed in four educational sessions lasting 60 minutes by group discussion, brainstorming, questions and answers.

Category

Lifestyle

2

Description

Control group: 40 Health volunteers who is not receive any special training by researchers.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center City Neyshabur

Full name of responsible person

Masoomeh Jahani
Street address
Health Center City Neyshabur, Jalal Al-e Ahmad
Street, Emamkhomeini Avenue, Neyshabur
City
Neyshabur

City
Mashhad
Postal code
Phone
+98 51 3854 4633
Fax
Email
jahanim1@mums.ac.ir
Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Chancellor for research of Mashhad University of
Medical Sciences
Full name of responsible person
Nooshin Peyman
Street address
School of Health, Daneshgah18 Street, Danshgah
Avenue, Mashhad
City
Mashhad
Grant name
Grant code / Reference number
**Is the source of funding the same sponsor
organization/entity?**
Yes
Title of funding source
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
Mashhad University of Medical Sciences
Full name of responsible person
Masoomeh Jahani
Position
Masters of Health Education and Health Promotion
Other areas of specialty/work
Street address
School of Health, Daneshgah18 Street, Danshgah
Avenue, Mashhad

Person responsible for scientific inquiries

Contact

Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Nooshin Peyman
Position
PhD in Health Education building community health
Other areas of specialty/work
Street address
School of Health, Daneshgah18 Street, Danshgah
Avenue, Mashhad
City
Mashhad
Postal code
Phone
+98 51 3854 4633
Fax
Email
peymann@mums.ac.ir
Web page address

Person responsible for updating data

Contact

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