

# 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**  
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+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  
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PhD in Health Education building community health  
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**Street address**  
School of Health, Daneshgah18 Street, Danshgah  
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+98 51 3854 4633  
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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*