

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

The effect of educational intervention based of self-efficacy theory on health literacy and increase physical activity among postpartum women .

Protocol summary

Summary

This study will designed and implemented to assess effect of health education on promoting health literacy and physical activity in postpartum women. In this quasi-experimental study, 120 women after who were referred to health centers in Mashhad during 93 years will selected by multistage cluster sampling which among them 80 mothers with children less than three months of age have 20-35 years and without Limited mobility were randomly assigned into two groups of control and intervention. Educational intervention will performed in 2 educational sessions (theory and a practical session) in experimental group. The data included health literacy, exercise self-efficacy and physical activity by standardized questionnaire before and 8 weeks after intervention will collected.

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Email address

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Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2014-11-22, 1393/09/01

Expected recruitment end date

2015-05-22, 1394/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017010328863N9**

Registration date: **2017-02-20, 1395/12/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-02-20, 1395/12/02

Registrant information

Name

Nooshin Peyman

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

Scientific title

The effect of educational intervention based of self-efficacy theory on health literacy and increase physical activity among postpartum women .

Public title

the effect of educational on physical activity postpartum

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: "The desire to participate in the study; Possession of child singleton infants under 3 months; Age between 35-20 years; The ability to read and write; Live with spouse" Exclusion criteria: "People who for whatever reason are not able to do physical activity; unwillingness to continue to participate in the study; The absence of more than one hour training class"

Age

From **20 years** old to **35 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)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Table of random numbers

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Mashhad University of Medical Sciences

Street address

Mashhad, University Street

City

Mashhad

Postal code**Approval date**

2010-08-20, 1389/05/29

Ethics committee reference number

931628

Health conditions studied**1****Description of health condition studied**

Relationship self-efficacy theory-based training on improving health literacy, self-efficacy and physical activity in postpartum

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Health literacy

Timepoint

Before,after and three month

Method of measurement

Standard questionnaire

2**Description**

Physical activity

Timepoint

Before,after and three month

Method of measurement

Standard questionnaire

3**Description**

Self-efficacy

Timepoint

Before,after and three month

Method of measurement

Standard questionnaire

Secondary outcomes**1****Description**

Weight

Timepoint

Before, after and three month

Method of measurement

Balance

Intervention groups**1****Description**

Intervention group:two theory and one educational sessions +educational package

Category

Lifestyle

2**Description**

Control group

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Health center number 1

Full name of responsible person

Monireh Abdollahi

Street address

Highway Vakil Abad

City

Mashhad

2

Recruitment center

Name of recruitment center

Health center number 3

Full name of responsible person

Monireh Abdollahi

Street address

Street Akhund Khorasani 24

City

Mashhad

Street address

Street Tabarsi 12

City

Mashhad

Postal code

Phone

+98 51 3851 1600

Fax

Email

abdollahim3@mums.ac.ir

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Mashhad University of
Medical Sciences

Full name of responsible person

Mohsen Tafaghodi

Street address

University Street

City

Mashhad

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 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

Samen Health Center

Full name of responsible person

Monireh Abdollahi

Position

MSc Student of Health Education

Other areas of specialty/work

Person responsible for scientific inquiries

Contact

Name of organization / entity

Samen Health Center

Full name of responsible person

Monireh Abdollahi

Position

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Other areas of specialty/work

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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