

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 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

peymann@mums.ac.ir

##### 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**

MSc Student of Health Education

**Other areas of specialty/work**

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Street Tabarsi 12

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**Email**

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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*