Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 2026

The effect of education for use of vitamin D supplements based on the health belief model Among Female High School Students

Protocol summary

Summary

This study aimed to determine the effect of education based on the health belief model on use of vitamin D supplements among female high school students. In this quasi experimental study, 140 high school girl students of Mashhad participated in 2015-2016. (n=70 test group and n=70 control group). The test group received educational intervention based on constructs of health belief model. Primary outcome was use of vitamin D supplements. The research tools included one questionnaire of demographic information, knowledge and the HBM constructs regarding use of vitamin D supplements. After collecting pre-test data, the educational intervention was implemented for students in the test group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017010528863N10**
Registration date: **2017-06-19, 1396/03/29**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-06-19, 1396/03/29

Registrant information

Name
Nooshin Peyman
Name of organization / entity
Mashhad University of Medical Sciences
Country
Iran (Islamic Republic of)
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+98 915 502 6195
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peymann@mums.ac.ir

Recruitment status

Recruitment complete

Funding source
Mashhad University of Medical Sciences

Expected recruitment start date

2016-01-20, 1394/10/30

Expected recruitment end date

2016-06-11, 1395/03/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education for use of vitamin D supplements based on the health belief model Among Female High School Students

Public title

use of vitamin D supplements Among Female High School Students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: 1- who agreed to participate; 2- Minimum age =15 years and maximum was 18 Exclusion criteria: They do not want to cooperate; absence of more than 1 in training sessions

Age

From **15 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size
Target sample size: **140**

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
Mashhad University of Medical Sciences

Street address
Administration Center(Qoreishi Building), Daneshgah St

City
mashhad

Postal code

Approval date
2017-04-12, 1396/01/23

Ethics committee reference number
IR.MUMS.REC.1396.5

Health conditions studied

1

Description of health condition studied
Vitamin D deficiency

ICD-10 code
E55.9

ICD-10 code description
Vitamin D deficiency, unspecified

Primary outcomes

1

Description
use of vitamin D supplements

Timepoint
before, immediately and 3 month after intervention

Method of measurement
questionnaire

Secondary outcomes

1

Description
knowledge, perceived susceptibility, perceive severity, perceived barrier, perceived benefit, self-efficacy

Timepoint
before, immediately and 3 month after intervention

Method of measurement
questionnaire

Intervention groups

1

Description
The intervention group received educational content based on on the health belief model. Educational content based on predetermined objectives presented in 3 sessions(45-60 minutes during 3 weeks.)

Category
Other

2

Description
The control group did not receive any training program.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
second period OF High school

Full name of responsible person
Dr Nooshin Deyman

Street address
School of Public Health

City
mashhad

Sponsors / Funding sources

1

Sponsor

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

Full name of responsible person
Dr Mohsen Tafaghodi

Street address
Mashhad ,Daneshgah St,Qoreishi Building-

City
mashhac

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 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
Dr nooshin peyman
Position
Professor of Health Education and Health Promotion
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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