

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Sep 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)

Phone

+98 915 502 6195

Email address

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

Other areas of specialty/work**Street address**

School of Public Health

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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