

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

Effects of education based on self-determination theory using health literacy strategies by new media on health literacy perception and physical activities in Employees of health centers.

Protocol summary

Summary

The Effects of education based on self-determination theory using health literacy strategies by new media on health literacy perception and physical activities in Employees of health center number two Mashhad

Inclusion criteria: willingness to participate and having no maim. Exclusion criteria: not filling up the questionnaire or filling up the questionnaires partially (did not complete 20% of the questionnaire). Sample volume: 265 people for descriptive and 168 people for intervention study (it was calculated by considering the probability of 20% loss of interviews). It has two stages: descriptive and intervention. After the descriptive stage (evaluation by questionnaire) and determination of effective theoretical structures self-determination which has more prediction capability in physical activities, the 3-month educational intervention program were completed by the test and control group/ three questionnaires in two steps, immediately and after three months of intervention will be completed. .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052528863N16**
Registration date: **2017-06-19, 1396/03/29**
Registration timing: **registered_while_recruiting**

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

Chancellor for research of Mashhad University of Medical Sciences

Expected recruitment start date

2017-06-15, 1396/03/25

Expected recruitment end date

2017-06-21, 1396/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of education based on self-determination theory using health literacy strategies by new media on health literacy perception and physical activities in Employees of health centers.

Public title

The impact of education on physical activity and health literacy in Employees of Health Centers.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: willingness to participate in the study, no maim and orthopeutic problem age between 20 and

55 years old Exclusion criteria: no cooperation in the study, not filling up the questionnaire of filling it up partially (more than 20%).

Age

From **20 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **164**

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

Ethics committee of Mashhad University of Medical Sciences

City

Mashhad

Postal code

Approval date

2017-05-22, 1396/03/01

Ethics committee reference number

IR.mums.ac.1396.41

Health conditions studied

1

Description of health condition studied

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

physical activity

Timepoint

Before intervention, immediately after intervention, three month after intervention

Method of measurement

International Physical Activity Questionnaire

Secondary outcomes

1

Description

self-determination

Timepoint

Before intervention, immediately after intervention, three month after intervention

Method of measurement

Made Researcher questionnaire

2

Description

Health Literacy

Timepoint

Before intervention, immediately after intervention, three month after intervention

Method of measurement

Made Researcher questionnaire

Intervention groups

1

Description

Intervention group: After the descriptive stage (evaluation by questionnaire) and determination of effective theoretical structures self-determination which has more prediction capability in physical activities will be designed and presented to test group

Category

Lifestyle

2

Description

Control group: Control group will not receive any education

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center number two Mashhad

Full name of responsible person

nooshin peyman

Street address

School of Health, Daneshgah18 Street, Danshgah Avenue

City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research Mashhad University of Medical Sciences

Full name of responsible person

nooshin peyman

Street address

School of Health, Daneshgah18 Street, Danshgah Avenue

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 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

zahra saeedisar

Position

Masters of Health Education and Health Promotion

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

nooshin peyman

Position

Associate Professor, Department of Health Education & Health Promotin, Social Determinants of Health

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Associate Professor, Department of Health Education & Health Promotin, Social Determinants of Health

Other areas of specialty/work

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Web page address

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