

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The impact of nutritional education in the sixth grade of elementary school girls in the intervention and control groups based on health belief model on reducing the consumption of unhealthy snacks.

Protocol summary

Summary

Objective: disorder & nutritional deficiency in children leads to reduced mental development, physical & learning, thus healthy nutrition is effective the growth of education, mental, physical, learning. Children need to select the correct food nutrition education. This study aimed to determine the effect of nutrition education on reducing the consumption of unhealthy snacks were female students. Design: This study is a multi-stage random sampling method sixth grade students in two experimental & control groups (88 samples) was performed in a center. Inclusion criteria: Having physical & mental readiness & ability to participate in the study, studying in government schools for girls; Exclusion criteria: Student who have particular disease, have gastrointestinal disease. Interventions include educational interventions. The main outcome variables: awareness, sensitivity, severity, perceived benefits & perceived obstacles & reduce the consumption of unhealthy snacks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016071628952N1**
Registration date: **2016-09-15, 1395/06/25**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-09-15, 1395/06/25

Registrant information

Name

azam Fathi

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2016-06-24, 1395/04/04

Expected recruitment end date

2016-07-19, 1395/04/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of nutritional education in the sixth grade of elementary school girls in the intervention and control groups based on health belief model on reducing the consumption of unhealthy snacks.

Public title

The impact of nutritional education in the sixth grade of elementary school girls to reduce the consumption of unhealthy snacks.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Having physical & mental readiness & ability to participate in the study, studying in

government schools for girls; Exclusion criteria: Student who have particular disease, have gastrointestinal disease .

Age

From **12 years** old to **13 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **88**

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

Qom University of Medical Sciences

Street address

Street Beach, Qom, Iran

City

Qom

Postal code

Approval date

2016-06-22, 1395/04/02

Ethics committee reference number

IR.MUQ.REC.1395.31

Health conditions studied

1

Description of health condition studied

Its nutrition education in the sixth grade of elementary school girls in the intervention and control groups based on health belief model on reduction the consumption of unhealthy snacks

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Perceived benefits

Timepoint

Before intervention, Two months after the intervention

Method of measurement

Questionnaire

2

Description

Perceived susceptibility

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Questionnaire

3

Description

Knowledge

Timepoint

Before the intervention, two months after the intervention.

Method of measurement

Questionnaire

4

Description

Perceived severity

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Questionnaire

5

Description

Perceived barriers

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Questionnaire

6

Description

Efficacy

Timepoint

Before the intervention, two months after the intervention.

Method of measurement

Questionnaire

7

Description

Consumption of unhealthy snacks

Timepoint

Before the intervention, two months after the intervention
Method of measurement
Questionnaire

Secondary outcomes

1

Description

Maternal education

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Questionnaire

2

Description

Education Father

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Questionnaire

3

Description

Mother's job

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Questionnaire

4

Description

Age

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Questionnaire

5

Description

Father's job

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Direct training with questions & answers in the intervention group for three weeks

Category

Behavior

2

Description

Intervention in the control group: no action

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

School

Full name of responsible person

Street address

Beheshti Ave, Fazilat elementary school, Qom, Iran

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qom University of Medical Sciences

Full name of responsible person

Doctor mohebi

Street address

Street Beach, Qom, Iran

City

Qom

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Qom 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

Qom University of Medical Sciences

Full name of responsible person

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Position

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Full name of responsible person

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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