

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of educational intervention based on health belief model on promotion of particular sports activities in nulliparous pregnant women.

Protocol summary

Summary

This study aimed to determine the effect of education based on Health Belief Model on promotion of particular sports activities in nulliparous pregnant women were carried out in winter of 2016 and by using random sampling method based on sample size calculation formula, a total of 88 nulliparous pregnant women referred to these centers who were eligible for the study, were selected and divided into two groups of 44 subjects (intervention group and control group). The inclusion criteria included lack of physical disability and medical contraindications for exercise, lack of any pregnancy complications during the intervention period and gestational age between 16 weeks and 24 weeks. The exclusion criteria included termination pregnancy for any reason and failure to attend more than two classes. The data collecting tool was self-made questionnaire that after verifying validity and reliability were distributed between intervention and control groups and so the information was collected before the intervention. Then three one-hour training sessions were held for the intervention group according to the Health Belief Model and with lecture method, group discussion, questions and answers and by using PowerPoint, pamphlets and role playing method. The questionnaires were completed by both groups after the last training session and two months after it. Then the gathering data were analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016091029769N1**

Registration date: **2016-11-27, 1395/09/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-11-27, 1395/09/07

Registrant information

Name

Maryam Jafari Behbahani

Name of organization / entity

Qom University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 25 3783 3595

Email address

mjafary@muq.ac.ir

Recruitment status

Recruitment complete

Funding source

Qom University of Medical Science and Health Service

Expected recruitment start date

2016-01-21, 1394/11/01

Expected recruitment end date

2016-02-04, 1394/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on health belief model on promotion of particular sports activities in nulliparous pregnant women.

Public title

The effect of educational program on the promotion of sports activities in pregnant women

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: 1. Lack of physical disability and medical contraindications for exercise 2. Lack of any pregnancy complications during the intervention period 3. Gestational age between 16 weeks and 24 weeks
Exclusion criteria: 1. Termination pregnancy for any reason 2. Failure to attend more than two classes

Age

From **14 years** old to **48 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **88**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

A total of 88 nulliparous women who referred to the two selected health centers in Qom were selected based on the specified inclusion and exclusion criteria and then divided into two groups of 44 subjects (intervention group and control group).

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Qom University of Medical Sciences and Health Services

Street address

No.83, 1/1 Alley, No.4 Alley, Safashahr St.

City

Qom

Postal code

3716987366

Approval date

2016-06-22, 1395/04/02

Ethics committee reference number

IR.MUQ.REC.1395.29

Health conditions studied

1

Description of health condition studied

Pregnancy

ICD-10 code

O20-O29

ICD-10 code description

Other maternal disorders predominantly related to pregnancy

Primary outcomes

1

Description

Knowledge

Timepoint

Immediately after intervention-2 Months after the intervention

Method of measurement

Questionnaire

2

Description

Perceived susceptibility

Timepoint

Immediately after intervention-2 Months after the intervention

Method of measurement

Questionnaire

3

Description

Perceived severity

Timepoint

Immediately after intervention-2 Months after the intervention

Method of measurement

Questionnaire

4

Description

Perceived benefits

Timepoint

Immediately after intervention-2 Months after the intervention

Method of measurement

Questionnaire

5

Description

Perceived barriers

Timepoint

Immediately after intervention-2 Months after the intervention

Method of measurement

Questionnaire

6

Description

Performance

Timepoint

Immediately after intervention-2 Months after the intervention

Method of measurement

Questionnaire

7

Description

Perceived self-efficacy

Timepoint

Immediately after intervention-2 Months after the intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Interventions 1: The intervention group included 44 nulliparous women referred to the selective medical centers in Qom. The self-made questionnaires were distributed to intervention group and so the information was collected before the intervention. Then three one-hour training sessions were held for the intervention group according to the Health Belief Model and with lecture method, group discussion, questions and answers and by using PowerPoint, pamphlets and role playing method. The questionnaires were completed by the participants in this group after the last training session and two months after it. Then the obtained data were analyzed.

Category

Lifestyle

2

Description

Interventions 2: The control group included 44 nulliparous women referred to the selective medical centers in Qom. The self-made questionnaires were also distributed to the control group before the educational intervention for the intervention group and so the information was collected before the intervention. The control group did not receive any educational intervention during this study. The questionnaires were completed by the participants in control group after the last training session and two months after it. Then the obtained data were analyzed.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Baghiatallah health center

Full name of responsible person

Street address

next to the mobile phone masts, 16 meters from the police station, Shahid Kabiri Blvd. Shahre-Ghaem Sqr. Shahre-Ghaem

City

Qom

2

Recruitment center

Name of recruitment center

Izadi health center

Full name of responsible person

Street address

Izadi hospital, Azar st.

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Qom University of Medical Sciences and health service

Full name of responsible person

Dr.Gholsmreza Sharifirad

Street address

No.83, 1/1 Alley, No.4 Alley, Safashahr St.

City

Qom

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, Qom University of Medical Sciences and health service

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 and Health Services

Full name of responsible person

Maryam Jafari Behbahani

Position

Senior graduate student in health education and health promotion.

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

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Person responsible for updating data

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Name of organization / entity

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Person responsible for scientific inquiries

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Full name of responsible person

Dr.Gholamreza Sharifirad

Position

PHD in Health Education and Health Promotion

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Postal code**Phone**

+98 25 3721 1301

Fax

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