Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Educational Intervention Based on Health Belief Model on Health Literacy and Nutritional Behaviors in Junior High School Female Students

Protocol summary

Study aim

the determining the effect of education based on health belief model on health literacy and nutrition behaviors was conducted on girls aged 13 to 15 year old, in Mashhad city.

Design

This quasi-experimental study was conducted in two phases(descriptive and intervention) , in the first stage, 235 students from the first year of high school (13 to 15 years old) were evaluated for the level of health literacy and nutritional behaviors . In an intervention phase, 64 students were divided into intervention and control group. The intervention was conducted in 4 sessions of 90 minutes for the intervention group. The questionnaires was completed immediately and two months after the intervention.

Settings and conduct

The research population was high school girls in Mashhad. 2 districts will be randomly selected among 6 districts of Mashhad. Among the selected districts, a high school will be selected as intervention and another one high school that is geographically and culturally similar to the high school of intervention group will be selected as the control group.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Students will be in one of the first year highschools Inclusion criteria: Have the desire and cooperation to participate in the research Non Inclusion criteria: Having Food Restrictions

Intervention groups

intervention group: 32 students who receives educational intervention based on the health belief model control group: 32 students who do not receive any intervention

Main outcome variables

Nutrition behavior

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160917029843N5**
Registration date: **2018-05-27, 1397/03/06**
Registration timing: **retrospective**

Last update: **2018-05-27, 1397/03/06**
Update count: **0**

Registration date

2018-05-27, 1397/03/06

Registrant information

Name
Mohammad Vahedian-Shahroodi
Name of organization / entity
Social Determinants of Health Research Center, Mashhad University of Medical Science
Country
Iran (Islamic Republic of)
Phone
+98 51 3189 2202
Email address
vahedianm@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-04-20, 1395/02/01

Expected recruitment end date

2016-10-22, 1395/08/01

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 Health Literacy and Nutritional Behaviors in Junior High School Female Students

Public title
The Effect of Educational Intervention on Nutritional Behaviors
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
At one of the bases of the first-year high school Have the desire and cooperation to participate in the research
Exclusion criteria:
Having food restriction
Age
From **13 years** old to **15 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **64**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Mashhad University of Medical Sciences
Street address
University Street 18 - Mashhad University of Medical Sciences
City
Mashhad
Province
Razavi Khorasan
Postal code
91388-13944

Approval date
2016-03-09, 1394/12/19
Ethics committee reference number
IR.MUMS.REC.1394.717

Health conditions studied

1

Description of health condition studied
Nutritional Behaviors
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Nutritional Behavior
Timepoint
Before, immediately and two months after the training
Method of measurement
Food Frequency Questionnaire

2

Description
Health Literacy
Timepoint
Before, immediately and two months after the training
Method of measurement
Newest Vital Sign Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: A training program was held for the intervention group in four 90-minute sessions for four weeks. The curriculum was conducted directly through lectures and active participation of the samples (ask and answer, group discussion, and brainstorming) along with educational slides as well as indirect instruction through the educational booklets and pamphlets. It should be mentioned that group discussion method was applied for teaching perceived sensitivity, perceived severity and perceived benefits of healthy nutritional behaviors to students, and the brainstorming method was applied for teaching perceived barriers of unhealthy nutrition behaviors
Category
Behavior

2

Description

Control group: There will be no intervention on the control group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

High School Girls Mashhad

Full name of responsible person

Samira Olyani

Street address

University Street 18

City

Mashhad

Province

Razavi Khorasan

Postal code

91388-13944

Phone

+98 51 3854 4633

Email

vahedianm@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research of Mashhad University of Medical Sciences

Full name of responsible person

Dr. Mohsen Tafaghodi

Street address

Daneshgah St18– Mashhad – Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

91388-13944

Phone

+98 51 3841 3007

Email

vahedianm@mums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Deputy of Research of Mashhad University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Mohammad Vahedian-Shahroodi

Position

Ph.D Health education and health promotion

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

University Street. School of Public Health

City

Mashhad

Province

Razavi Khorasan

Postal code

9137673119

Phone

+98 51 3854 4633

Fax

+98 51 3852 2775

Email

vahedianm@mums.ac.ir

Web page address

http://fhm.mums.ac.ir/

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Mohammad Vahedian-Shahroodi

Position

Ph.D Health education and health promotion

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

University Street. School of Public Health

City

Mashhad

Province

Razavi Khorasan

Postal code

9137673119

Phone

+98 51 3854 4633

Fax

+98 51 3852 2775

Email

vahedianm@mums.ac.ir

Web page address

http://fhm.mums.ac.ir/

Person responsible for updating data

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Mohammad Vahedian-Shahroodi

Position

Ph.D Health education and health promotion

Latest degree

Ph.D.

Other areas of specialty/work

Street address

University Street. School of Public Health

City

Mashhad

Province

Razavi Khorasan

Postal code

9137673119

Phone

+98 51 3854 4633

Fax

+98 51 3852 2775

Email

vahedianm@mums.ac.ir

Web page address

http://fhm.mums.ac.ir/

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Potential data can be shared only after identification.

When the data will become available and for how long

Get started one month after the results are published.

To whom data/document is available

Researchers working in academia and academi.

Under which criteria data/document could be used

The data are sent by official request through academic or organizational emails of the researchers after confirmation and identification of the sender.

From where data/document is obtainable

Dr. Mohammad Vahedian-Shahroodi
vahedianm@mums.ac.ir

What processes are involved for a request to access data/document

The data are sent by official request through academic or organizational emails of the researchers after confirmation and identification of the sender.

Comments