Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of educational intervention based on the theory of planned behavior regarding physical activity male high school students Qom

Protocol summary

Summary

The present study aimed to investigate the effect of training intervention based on planned behavior theory in Qom masculine high school.The necessary health and ability to perform physical activity and tendency to participate in the scheme is a component of accession criterion and the absenteeism for more than two training sessions is transpiration one. The methodology is multi-stages random sampling and the statistical populations of the research are high school boys of Qom province.100 students are selected(sample size) in which 50 persons are classified in the experimental group and 50 one in control group.The intervention method is such that the experimented group will be training in one-hour seven sessions based on theoretical structures of planned behavior regarding physical activity. The control group does not provide training in this field. An international questionnaire on physical activity is changed due to theoretical structures of planned behavior and used for data collection two times before the training intervention and two months after that.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016092229916N1**
Registration date: **2016-11-05, 1395/08/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-11-05, 1395/08/15

Registrant information

Name

Iman Irandout

Name of organization / entity

Qom University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2016-03-21, 1395/01/02

Expected recruitment end date

2016-04-18, 1395/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on the theory of planned behavior regarding physical activity male high school students Qom

Public title

The effect of educational intervention based on the theory of planned behavior regarding physical activity among high school students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: ability to perform physical activity, lack of physical disability, lack of heart, lack of respiratory discomfort, lack of psychological distress, student satisfaction, parents Exclusion criteria: Immigration and transfer students; absence of more than two sessions;

lack of student collaboration in completing the questionnaire.

Age
From **15 years** old to **18 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Not 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
University of Medical Sciences and Health Services Research andTechnology Deputy Qom

Street address
Qom University of Medical Sciences and Health Services, Lavassani street, Qom

City
Qom

Postal code
3713649373

Approval date
2016-06-22, 1395/04/02

Ethics committee reference number
IR.MUQ.REC1395.30

Health conditions studied

1

Description of health condition studied
physical activity

ICD-10 code
z10.8

ICD-10 code description
Routine general health check-up of other defined subpopulations

Primary outcomes

1

Description
physical activity behaviour

Timepoint
Two months after the intervention

Method of measurement
International questionnaire on the questionnaire

2

Description
Behavioral intention

Timepoint
Before and two months after intervention

Method of measurement
A questionnaire based on the International Scale

3

Description
Perceived behavioral control

Timepoint
Before and two months after intervention

Method of measurement
A questionnaire based on the International Scale

4

Description
Attitude

Timepoint
Before and two months after intervention

Method of measurement
A questionnaire based on the International Scale

5

Description
Abstract norms

Timepoint
Before and two months after intervention

Method of measurement
A questionnaire based on the International Scale

Secondary outcomes

empty

Intervention groups

1

Description
Seven hours of training, in terms of physical activity, based on the theory of planned behavior and structures using focus group discussions, brainstorming and role-playing magazine essay writing, and preparing the wall in the intervention group

Category
Behavior

2

Description
Lack of education about physical activity based on the theory of planned behavior structures in the control group
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Boys high school
Full name of responsible person
Gholamreza Sharifirad
Street address
Qom
City
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Qom University of Medcal Sciences And Health Services
Full name of responsible person
Dr. Gholam Reza Sharifirad
Street address
Office of the Vice President, Research & Technology Qom University of Medical Sciences No. 83, 4 th alley , 1/1 th alley , Safa - s hahr St. Qom, Iran 37169 - 87366
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Qom University of Medcal Sciences And Health Services
Proportion provided by this source
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

2

Sponsor
Name of organization / entity
Qom University of Medical Sciences Faculty of Health
Full name of responsible person
Doctor Gholamreza Sharifirad
Street address
School of Public Health, Spirit of Rohholla, StreetMoallem, Qom, Iran
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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 Faculty of Health
Proportion provided by this source
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

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Name of organization / entity
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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