

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 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

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3629 5699

##### Email address

iirandoost@muq.ac.ir

##### 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 and Technology 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

Qom

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Qom University of Medical 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

##### 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 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,  
Street Moallem, 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 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

#### Contact

##### Name of organization / entity

University of Medical Sciences Faculty of Public  
Health in Qom

##### Full name of responsible person

Iman Irandoust

##### Position

MSc Student

##### Other areas of specialty/work

##### Street address

Grand Park City ,24 yards Santo ,Madras Bolva ,Yazd  
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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

University of Medical Sciences Faculty of Public  
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##### Full name of responsible person

Gholamreza Sharifirad

##### Position

Phd in Health Education

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**Street address**

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oust@chmail.ir

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**Person responsible for updating data**

**Contact**

**Name of organization / entity**

University of Medical Sciences Faculty of Public  
Health in Qom

**Full name of responsible person**

Iman Irandoust

**Position**

MSc student

**Other areas of specialty/work**

**Street address**

Grand Park City, 24 yards Santo, Modares Bolva, Yazd

**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*