

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### Comparing the effect of group education and multimedia software on knowledge, attitude and self-efficacy mothers about of sexual health education to the boys of between 12-14 years old

#### Protocol summary

##### Summary

This study will be conducted to investigate the effect of group trainings and multimedia softwares on mothers' knowledge, attitude and self- efficacy in making their 12-14 year-old sons aware of their sexual health in Mashhad. Convenience sampling will be performed in two stages in district 2 and 3 of ministry of education and training. In the first stage, from each district, two schools from male schools will be selected. In the second stage, 132 mothers will be randomly selected to participate based upon the intended criteria (access to computers, having 12-14 year-old sons, and having a nuclear family) exclusion criteria will be exiting from sexual health training sessions. In each school, 11 participants will be randomly assigned into multimedia, training and control groups. For multimedia group, intervention will be in the form of 4 CDs for 45 minutes, every week 1 CD will be available to mothers, and at the end of the fourth week a question-and-answer session will be administered for 60 minutes. For the training group, it will take four sessions (60 minutes in each) during once a week. The members of every group will be 11-10 people. Educational materials will be provided by the researcher using PowerPoint presentations, speeches, and questions and answers. The control group will be not received any training. Knowledge, attitude and self- efficacy variables will be measured at the beginning and 15 days after the intervention.

#### General information

##### Acronym

With a random start, based on the list students in the class (Close your eyes and put a finger with

##### IRCT registration information

IRCT registration number: **IRCT2016100330116N1**  
Registration date: **2017-07-03, 1396/04/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-07-03, 1396/04/12

##### Registrant information

###### Name

Raha Rousta

###### Name of organization / entity

Mashhad University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 6664 6890

###### Email address

roustar931@mums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Mashhad University of Medical Sciences

##### Expected recruitment start date

2016-09-22, 1395/07/01

##### Expected recruitment end date

2016-11-21, 1395/09/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparing the effect of group education and multimedia software on knowledge, attitude and self-efficacy mothers about of sexual health education to the boys of

between 12-14 years old

**Public title**

Sexual health education to mothers who have 12-14 years old sons.

**Purpose**

Prevention

**Inclusion/Exclusion criteria**

Entrance criteria at the beginning of the study: being Iranian; living in Mashhad ; younger than 50; able to read and write; computer accessibility and literacy; physically healthy; living with their husbands; having a 12-14 year-old son who is studying at the first level of high school. Exclusion criteria are: addiction to Smoking and alcohol; her son has been affected by sexual problems so far; have given sexual trainings to their sons, have observed such CDs in the field of sexual health working as staff of Health System or graduates of Medical Sciences, Psychology or Counseling; now suffering from mental illness or having a history of being hospitalized in the hospital due to mental health problems or taking drugs such as imipramine, diazepam, phenobarbital, chlordiazepoxide; during the 6 months ago unfortunate incident and severe stress is not occurred; The questionnaire score for DASS 21 ( Depression scale) is over 21; The questionnaire score for the subsection of Anxiety scale is over 15; The questionnaire score for the subsection of Stress scale is over 26. Exclusion criteria during the study: More than a tablet is not observed; more than one meeting is absent; during the study, adverse events and stressful happened to them.

**Age**

To 45 years old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 108

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features**

Quite randomly (Closing eyes and putting the finger on numbers) the participants will be selected; 11 Persons in the multimedia group; 11 Persons in the training group and 11 Persons in the control group will be randomly assigned into blocks with size of 3. All modes of possibilities will be considered to have 3 people equally into three groups of A, B and C. then, R will be employed to randomly select 11 blocks for each school. The lists for each school has been prepared and accordingly participants will be grouped.

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics committee of Mashhad University of Medical Sciences

**Street address**

Daneshgah Avenue, Doktora Crossroads, Ebne sina St, School of Nursing and Midwifery

**City**

Mashhad

**Postal code**

9137913199

**Approval date**

2016-06-11, 1395/03/22

**Ethics committee reference number**

IR.mums.REC.1395.164

**Health conditions studied****1****Description of health condition studied**

mother Knowledge, attitude and self-efficacy about sexual health education of boys 14-12 year old

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Knowledge

**Timepoint**

Before and two weeks after the intervention

**Method of measurement**

Questionnaire Self-made

**2****Description**

Attitude

**Timepoint**

Before and two weeks after the intervention

**Method of measurement**

Questionnaire Self-made

**3****Description**

self-efficacy

**Timepoint**

Before and two weeks after the intervention

**Method of measurement**

Questionnaire Self-made

## Secondary outcomes

### 1

#### Description

Knowledge boys

#### Timepoint

Before and two weeks after the intervention

#### Method of measurement

questionnaire Self-made

### 2

#### Description

Attitude boys

#### Timepoint

Before and two weeks after the intervention

#### Method of measurement

questionnaire Self-made

## Intervention groups

### 1

#### Description

The control group will be not received any training and only will be participated in the pre-test and post-test.

#### Category

Other

### 2

#### Description

For group Multimedia, 4 CDs will be designed and every week 1 CD-ROM will be put available to them. The first session; CD 1 (videos, animations, audio and text) regarding relationships with teens (45 min) will be handed to mothers, and explanations about how to use it will be provided. Then, three days later the participants will be called to make sure they have watched the CD, and will be asked to refer to the research center to get another CD. This procedure will be repeated for the next discs (CD2, maturity; CD3, sexual behavior; CD4, sexual health). At the end of the fourth week, the intervention group will be gather at school and question and answer session will be run for 60 minutes. Mothers will be asked to speak about to issues of CDs with his children and 15 days later the post-test will be administered.

#### Category

Other

### 3

#### Description

Group trainings sessions will be held once per week. Each group will be consisted of 11-10 people and four 60-minute sessions will be considered with the content of sexual health education (relationship with teens; maturity; Sexual behavior and sexual health) that will be included in CDs. Researcher will be handed all the materials to the mothers by PowerPoint presentations; lectures (45 minutes); question and answer (15 minutes).

Mothers will be asked to speak about to issues of CDs with their sons and 15 days later post-tests will be held.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shahid Hebrani School

##### Full name of responsible person

Mr Jedi

##### Street address

Shahid Saberi Boulevard, Bahar Avenue

##### City

Mashhad

### 2

#### Recruitment center

##### Name of recruitment center

khalij Fars School

##### Full name of responsible person

Mr Ashoori

##### Street address

1 Malek Abad Boulevard

##### City

Mashhad

### 3

#### Recruitment center

##### Name of recruitment center

Gadir Payam Shahed School

##### Full name of responsible person

Mr Sadeghi

##### Street address

9 Emam Reza Aveniue

##### City

Mashhad

### 4

#### Recruitment center

##### Name of recruitment center

Hastei Shohada School

##### Full name of responsible person

Mr Farabi

##### Street address

7 Danesh Gharbi Avenue

##### City

Mashhad

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Research assistance of Mashhad University of

Medical Sciences

**Full name of responsible person**

Moohsen Tafaghodi

**Street address**

Research and technology assistance Mashhad  
University of Medical Sciences, next to Hoveyzeh  
Cinema, Daneshgah Avenue

**City**

Mashhad

**Grant name**

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**Grant code / Reference number**

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

Yes

**Title of funding source**

Research assistance of Mashhad 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**

Mashhad University of Medical Sciences

**Full name of responsible person**

Dr Khadijeh Mirzaii

**Position**

Reproductive Health Ph.D.

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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**Other areas of specialty/work**

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## Person responsible for updating data

**Contact**

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**Full name of responsible person**

Raha Rosta

**Position**

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**Other areas of specialty/work**

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**Web page address**

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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*