

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jul 2026

The effect of education on lifestyle modification associated with osteoporosis in female students

Protocol summary

Summary

This study was conducted to evaluate the effect of education on lifestyle modification associated with osteoporosis in female students of Islamic Azad University Kazeroun. The samples are selected based on the criteria of being a student, being female, age 18-25 years. The sample size was determined based on consultation with experts 68 cases for the intervention group and 68 cases to the control group. Samples randomly selected from two colleges in Kazerun Azad University and further four groups are randomly selected from different educational groups, including at least a class of 30 subjects randomly recruited in each group. Data collection is carried out using reliable questionnaires as to determine the demographic information and the level of awareness. After obtaining the written consent from the subjects, the educational intervention in case group is done using lecture method within two months, including two sessions of 40 minutes in a week in each domain (education in domains of nutrition, physical activity, responsibility with regard to health and self-efficacy by related experts), group discussions and the distribution of educational package. At the end of the intervention, data collection is also carried out using questionnaires (as to determine the change in awareness and attitude). In order to specify the behavior change, the same questionnaires applied in the survey are re-administrated to both case and control groups after two months. Primary outcome measures are changes in knowledge, attitude and behavior modification is secondary outcome.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016103030588N1**

Registration date: **2017-01-20, 1395/11/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-01-20, 1395/11/01

Registrant information

Name

nader sharifi

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8898 9128

Email address

sharifi-n@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kazerun Islamic Azad University

Expected recruitment start date

2016-09-05, 1395/06/15

Expected recruitment end date

2016-12-05, 1395/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education on lifestyle modification associated with osteoporosis in female students

Public title

Effect of education on lifestyle modification associated with osteoporosis in female students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: being a student, not the final term, being female, age 18-25 years, filling in the questionnaire, participate in classes Exclusion criteria: failure to complete the questionnaire, interrupted study

Age

From **18 years** old to **25 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

The sample size was determined based on consultation with experts 68 cases for the intervention group and 68 cases to the control group. Samples randomly selected from two colleges in Kazerun Azad University and further four groups are randomly selected from different educational groups, including at least a class of 30 subjects randomly recruited in each group

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Jahrom University of Medical Sciences.

Street address

University of Medical Sciences , end of Motahari street, jahrom

City

Jahrom

Postal code

Approval date

2016-11-16, 1395/08/26

Ethics committee reference number

IR.JUMS.REC.1395.089

Health conditions studied

1

Description of health condition studied

Osteoporosis

ICD-10 code

M80-M85

ICD-10 code description

Disorders of bone density and structure

Primary outcomes

1

Description

attitudes

Timepoint

Before intervention and immediately after the intervention

Method of measurement

Lifestyle questionnaire Walker

2

Description

awareness

Timepoint

Before intervention and immediately after the intervention

Method of measurement

Lifestyle questionnaire Walker

Secondary outcomes

1

Description

Behavior

Timepoint

Before intervention and two months after the intervention

Method of measurement

Lifestyle questionnaire Walker

Intervention groups

1

Description

Control group: intervention does not take place

Category

N/A

2

Description

Intervention group: training in the form of speech for two months

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Kazerun Islamic Azad University

Full name of responsible person

farangis sharifi

Street address

Islamic Azad University of Kazerun, kilometer five of Kazerun Bushehr road, Kazerun

City

Kazerun

Department of Midwifery, Islamic Azad University of Kazerun, kilometer five of Kazerun Bushehr road, Kazerun

City

Kazerun

Postal code**Phone**

+98 71 3630 3975

Fax**Email**

f_sharifi44@yahoo.com

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Kazerun Islamic Azad University

Full name of responsible person

Marhematizade mohammad Hosein

Street address

Vice chancellor for research, Islamic Azad University of Kazerun, kilometer five of road Kazerun Bushehr, Kazerun

City

Kazerun

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, Kazerun Islamic Azad University

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**

Kazerun Islamic Azad University

Full name of responsible person

sharifi farangis

Position

Master/Academic staff

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

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Department of Midwifery, Kazerun Branch, Islamic Azad University, Kazerun, Iran

Full name of responsible person

sharifi farangis

Position

Master of Midwifery

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

Department of Midwifery, Islamic Azad University of Kazerun, kilometer five of Kazerun Bushehr road, Kazerun

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Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Kazerun Islamic Azad University

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Position

Master/Academic staff

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

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City

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Web page address

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