

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of direct and indirect teaching methods on preventive behaviors of osteoporosis: Acomparison study.

Protocol summary

Summary

This study is a experimental study with two experimental and one control groups. Main aim of study: determining the impact of direct and indirect education on knowledge and preventive behaviors. Inclusion criteria: age 12-13:Previously have not participated in osteoporosis classes. Exclusion criteria: students absence, disease, and unwillingness. The study population: seventh grade girl students who are studying in Andishe city. Sample size: The required sample for each group is 68, and totally 194 students. convenience sampling .Study intervention: students in first experimental group will participate in osteoporosis classes (lecture), One day and for 60 minutes. participants in second experimental group (pamphlet),will receive a pamphlet about osteoporosis. student will complete post test after two months. The intervention will be done 7th and 8th of February. Primitive outcome: Effectiveness of osteoporosis educational classes (lecture) and pamphlet on students' knowledge and preventive behaviors about osteoporosis.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112231014N1**

Registration date: **2017-06-09, 1396/03/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-09, 1396/03/19

Registrant information

Name

Leila Darabi

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

Phone

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Email address

l.darabi@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Tarbiat Modares University

Expected recruitment start date

2015-12-20, 1394/09/29

Expected recruitment end date

2015-12-24, 1394/10/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of direct and indirect teaching methods on preventive behaviors of osteoporosis: Acomparison study.

Public title

The effect of direct and indirect teaching methods on preventive behaviors of osteoporosis: Acomparison study.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 12-13: Previously have not participated in osteoporosis classes: Exclusion criteria:students absence, disease, and unwillingness.

Age

From **12 years** old to **13 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 205

Randomization (investigator's opinion)

N/A

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**

Ethics committee of Tarbiat Modares University

Street address

Crossing highway jalal al ahmad and chamran! Tehran

City

Tehran

Postal code

141554838

Approval date

2015-12-19, 1394/09/28

Ethics committee reference number

6584/52

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

Osteoporosis

ICD-10 code

m81

ICD-10 code description

Osteoporosis without pathological fracture

2**Description of health condition studied**

Osteoporosis

ICD-10 code

m80

ICD-10 code description

Osteoporosis with pathological fracture

Primary outcomes**1****Description**

Physical activity

Timepoint

Before and two months after the intervention

Method of measurement

Physical Activity Questionnaire

2**Description**

Calcium intake

Timepoint

Before and 2 month after the intervention

Method of measurement

Food frequency questionnaire FFQ

Secondary outcomes

empty

Intervention groups**1****Description**

Control group will not receive any education about osteoporosis

Category

Lifestyle

2**Description**

First experiment group (lecture) will participate in osteoporosis class. One day and for 60 minute. The contents of lecture is about osteoporosis and its prevention.

Category

Lifestyle

3**Description**

Second experiment group (pamphlet) will receive a pamphlet. The contents of pamphlet is about osteoporosis and its prevention.

Category

Lifestyle

Recruitment centers**1****Recruitment center****Name of recruitment center**

Atiee school

Full name of responsible person

Leila Darabi student

Street address

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City

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2**Recruitment center****Name of recruitment center**

Armaghan school

Full name of responsible person

Leila Darabi student

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City

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor of Research of Tarbiat Modares
University

Full name of responsible person

Yaeghob Fatholahi

Street address

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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

Vice chancellor of Research of Tarbiat Modares
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**

Tarbiat Modares University

Full name of responsible person

Leila Darabi

Position

post graduat / student

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

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Position

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

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Position

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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