

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

The effect of self care education program based on Pender's model on promoting lifestyle of elderly covered by health centers of osku, Iran.

Protocol summary

Summary

This is a quasi-experimental study which is going to be carried out to promote the lifestyle of the elderly referring to health centers of Osku. All the sixty year old (or more) men and women covered by health centers of Osku in the case of having consent to participate in the study will be selected by convenience method with the sample size of 140 and will be allocated in one of the two groups of intervention or control with the same sample size. Self-care program will be performed for intervention group based on Pender's Health Promotion Model. The effect of education intervention based on the mentioned model will be evaluated after eight weeks in each group of control and intervention and will be compared with each other.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2016112631087N1**

Registration date: **2017-02-16, 1395/11/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-02-16, 1395/11/28

Registrant information

Name

Shirin Barzanjeh Atri

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 3479 6770

Email address

barzanjehs@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Center of Tabriz University of Medical Sciences

Expected recruitment start date

2016-12-20, 1395/09/30

Expected recruitment end date

2017-06-20, 1396/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self care education program based on Pender's model on promoting lifestyle of elderly covered by health centers of osku, Iran.

Public title

The effect of self care education program on promoting lifestyle of elderly

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria Being 60 years old or more for both men and women; Having consent to participate in the study; Being able to communicate and interview (without severe hearing and speaking problems); Not having any acute and chronic diseases which prevent from participating in the study; Not having dementia. exclusion criteria: Being in one of these situations of disease, death, movement to other place; absence for more than two sessions in education classes; Not having tendency to participate in the study.

Age

From **60 years** old to **139 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **140**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

-

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tabriz University of Medical sciences

Street address

Central Building No. 2, Golgasht Street, University Street

City

Tabriz

Postal code

-

Approval date

2016-11-07, 1395/08/17

Ethics committee reference number

IR.TBZMED.REC.1395.876

Health conditions studied

1

Description of health condition studied

elderly Life Style

ICD-10 code

Z72.9

ICD-10 code description

Problem related to lifestyle, unspecified

Primary outcomes

1

Description

lifestyle

Timepoint

Before and two months after intervention

Method of measurement

Health Promoting Lifestyle Profile II

Secondary outcomes

empty

Intervention groups

1

Description

Six 45-minute sessions will be held once a week. Each session includes the following contents: The first session: recognizing the nature of old age, The second session: healthy nutrition, The third session: Having all kinds of helpful exercises for the elderly, The fourth session: Getting familiar with the methods of managing stress (pacifying exercises, relaxing, consulting, improving memory, and...), The fifth session: Taking health responsibility in the elderly and health recommendations in this field (the methods of performing self-care behaviors, modifying risk factors and controlling harmful habits like smoking and restricting salt and caring about dental health and ...), The sixth session: Discussing about the methods of optimal performing the education points. The intervention will finish by choosing the appropriate solutions to promote healthy lifestyle. Also, the researcher will explain the way of completing form number 3 (self-care checklist) to the participants. Different education methods like short lectures and group discussion will be used to promote the knowledge and attitude of the elderly.

Category

Lifestyle

2

Description

control group: no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health center 1 and 2

Full name of responsible person

Mrs Zahra Shahi and Mrs Ghaneei

Street address

Emam Khomeiny street

City

Osku

2

Recruitment center

Name of recruitment center

Ilkhechi health center

Full name of responsible person

Mrs Goharei

Street address

EmamKhomeiny street

City

Osku

3

Recruitment center

Name of recruitment center

Sahand health center

Full name of responsible person

Mrs Zahra Shahi

Street address

Entrance Sahand , Phase1 , Sahand New Town

City

Sahand

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences (Primary Sponsor)

Full name of responsible person

Dr.Rashidi Mohammad Reza

Street address

University Tabriz, University Street

City

Tabriz

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Tabriz University of Medical Sciences (Primary Sponsor)

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

Tabriz University of Medical Scinces

Full name of responsible person

Mehrnaz Tavakkoli Oskuei

Position

MSc Student Community Health Nursing

Other areas of specialty/work

Street address

School of Sursing and Midwifery, South Shariati Street

City

Tabriz

Postal code

5138947977

Phone

+98 41 3477 7913

Fax

+98 34796969

Email

mtavakkoli6224@gmail.com

Web page address

http://nursing.tbzmed.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz University of Medical Scinces

Full name of responsible person

Shirin Barzanjeh Atri

Position

Instructor, Msc

Other areas of specialty/work

Street address

School of Nursing and Midwifery, South Shariati Street

City

Tabriz

Postal code

5694168451

Phone

+98 41 3475 1706

Fax

+98 34796969

Email

barzanjehs@yahoo.com, barzanjehs@tbzmed.ac.ir

Web page address

http://nursing.tbzmed.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

School of Nursing and Midwifery, Tabriz University of Medical Scinces

Full name of responsible person

Mehrnaz Tavakkoli Oskuei

Position

MSc Student community health nursing

Other areas of specialty/work

Street address

School of Nursing and Midwifery, South Shariati Street

City

tabriz

Postal code

5694168451

Phone

+98 41452721690

Fax

+98 34796969

Email

mtavakkoli6224@gmail.com

Web page address<http://nursing.tbzmed.ac.ir>**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*