

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

The effect of educational intervention about life style based on Iranian traditional medicine on life style of medical assistants

Protocol summary

Summary

Some courses of medical education make basic changes on student's lives. So all the aspect's of their lives will be changed. General surgery, neurosurgery. emergency, orthopedics, and gynecology have more stress than the others. Frequent anxiety periods, inadequate sleep, bad nutrition, not adequate time for sport, hobby, beside unstable economic condition have a main effect on their performance in these years. This study is questionnaire base before after educational intervention. Educational intervention has 6 parts of everyday life to try to correct their habits. Traditional Persian medicine as a preventive medicine theory has 6 basic parts: sleep and wakefulness; eating and drinking; depletion and excretion; activity and inaction; weather; and emotions. All these parts have a series advises to avoid from disease. Actually these students can do stable their condition of body, health emotions to upgrade their performance in the hospital and private lives.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017041731255N2**

Registration date: **2017-07-11, 1396/04/20**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-07-11, 1396/04/20

Registrant information

Name

Elham Akhtari

Name of organization / entity

Iran university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 912 320 4006

Email address

akhtari.e@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Medical education's group, Iran University of Medical Sciences; Dr. Sohrabi 02186702220

Expected recruitment start date

2017-05-22, 1396/03/01

Expected recruitment end date

2017-10-23, 1396/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention about life style based on Iranian traditional medicine on life style of medical assistants

Public title

Modification of medical student's life style

Purpose

Prevention

Inclusion/Exclusion criteria

Medical group's students in Rasool hospital if they are in this hospital for 3 months after filling the questionnaire

Age

From **25 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: **64**

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
Iran University of Medical Sciences

Street address
Iran University of Medical Sciences, Hemmat highway

City
Tehran

Postal code

Approval date
2017-02-13, 1395/11/25

Ethics committee reference number
IR.IUMS.REC.1395.95-04-133-29714

Health conditions studied

1

Description of health condition studied
life style

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
The score of healthy life style based on LSQ

Timepoint
3 months after intervention

Method of measurement
Standard questionnaire (LSQ)

Secondary outcomes

1

Description
The quality of sleep

Timepoint
3 months after intervention

Method of measurement
Pitzberg questionnaire

2

Description
The burnout score

Timepoint
3 months after intervention

Method of measurement
Maslesh Questionnaire

Intervention groups

1

Description
It is a before after trial with educational intervention to healthy life style with pamphlet and face to face education.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Hazrat Rasool medical complex

Full name of responsible person
Elham Akhtari MD. PhD

Street address
Niayesh st. Satarkhan Ave.

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iran University of Medical Sciences

Full name of responsible person
Dr. Zohreh Sohrabi

Street address
Medical education department, medical science faculty, Iran University of Medical Sciences, Hemmat highway

City
Tehran

Grant name

Grant code / Reference number

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

Yes
Title of funding source
Iran 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
Iran University of Medical Sciences
Full name of responsible person
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Person responsible for updating data

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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