

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jul 2026

### Comparing the effect of preventing risky sexual behaviors in both the educational package and the mobile app, sexual knowledge and attitude of girl students of Mashhad University of Medical Sciences

#### Protocol summary

##### Summary

The aim of this study was to evaluate the effect of prevention training of high-risk behavior using the mobile app on the sexual knowledge and sexual attitudes of the Mashhad University of Medical Sciences female students. In this study, 300 qualified undergraduates who were studying at the Mashhad University of Medical Sciences in 2016 were randomly put into three groups: receiving training through mobile application, training packet and control group. The members of the two intervention groups got familiar with educational materials training through lecturing and PowerPoint in 1.5 hour then each of them received the final supplementary content in their own group. Sexual knowledge and attitudes of the students were measured and compared through questionnaires in all groups before and two weeks after the training.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016121431419N1**

Registration date: **2016-12-31, 1395/10/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-12-31, 1395/10/11

##### Registrant information

###### Name

Elnaz Dehghani

###### Name of organization / entity

Mashhad University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 51 3841 3007

###### Email address

dehghanie921@mums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Mashhad University of Medical Sciences

###### Expected recruitment start date

2016-05-30, 1395/03/10

###### Expected recruitment end date

2016-06-30, 1395/04/10

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

Comparing the effect of preventing risky sexual behaviors in both the educational package and the mobile app, sexual knowledge and attitude of girl students of Mashhad University of Medical Sciences

###### Public title

The effect of education on the prevention of risky sexual behaviors, sexual knowledge and attitude of students

###### Purpose

Prevention

###### Inclusion/Exclusion criteria

Inclusion criteria: willingness to participate in research; being single; aged between 18 and 25 years; no prior history of participation in courses of sexual education; having smartphones and access to a computer or CD player at home or dorm. Exclusion criteria: the unwillingness of student to continue to work with the

researcher; failure to participate in the post-test

## Age

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

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **300**

## Randomization (investigator's opinion)

Randomized

## 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

Mashhad University of Medical Sciences

##### Street address

Central Building Mashhad University of Medical Sciences, University Avenue, Mashhad

##### City

Mashhad

##### Postal code

13944-91388

##### Approval date

2016-05-21, 1395/03/01

##### Ethics committee reference number

IR.MUMS.REC.1395.106

## Health conditions studied

### 1

#### Description of health condition studied

Sexual knowledge and attitude

#### ICD-10 code

Z72.5

#### ICD-10 code description

High-risk sexual behaviour

## Primary outcomes

### 1

#### Description

Sexual knowledge and attitude

#### Timepoint

Once before the intervention and again two weeks after the intervention

#### Method of measurement

Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

In training package group, the members received a packet containing a manual and a CD with multimedia educational content. Tips and the curriculum contents and pictures according to each topic separately were designed for (14 sessions). The content of the training program includes: 1. Definition of high risk behavior 2. STDs and HIV, Definition, symptoms and ways to prevent 3. The role of the unprotected sexual affairs, unusual sex affairs and multiple sexual partners on the disease and associated side effects. 4. Protection during sex.

#### Category

Other

### 2

#### Description

The training through the mobile group received training through a mobile application designed by the researcher. Tips and the curriculum contents and pictures according to each topic separately were designed for (14 sessions). The content of the training program includes: 1. Definition of high risk behavior 2. STDs and HIV, Definition, symptoms and ways to prevent 3. The role of the unprotected sexual affairs, unusual sex affairs and multiple sexual partners on the disease and associated side effects. 4. Protection during sex.

#### Category

Other

### 3

#### Description

The control group did not receive any intervention.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Mashhad University of Medical Sciences

##### Full name of responsible person

Vice chancellor for Research of Mashhad University of  
Medical Sciences

**Street address**

Central Building Mashhad University of Medical  
Sciences, University Avenue, Mashhad

**City**

Mashhad

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

Vice chancellor for Research of Mashhad University of  
Medical Sciences

**Street address**

Central Building Mashhad University of Medical  
Sciences, University Avenue, Mashhad

**City**

Mashhad

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

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**

Elnaz Dehghani

**Position**

MA of Midwifery

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*