Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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
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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

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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

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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

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Full name of responsible person

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Position

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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