

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effects of lifestyle education based on Pender's model on health promoting behaviors in people living with HIV

Protocol summary

Study aim

the effect of life style education based on pender model on promotion of health behaviors in patients with HIV

Design

In this research, 70 eligible patients referring to center of behavioral diseases were chosen purposefully and a cod was allocated to each one of them. Then, patients were randomly divided into two control and intervention groups.

Settings and conduct

The setting of research was center of behavioral diseases in the south of Tehran.

Participants/Inclusion and exclusion criteria

Inclusion criteria: age above than 18, minimum literacy, at least 6 months after diagnosis Exclusion criteria: having physical or mental disorders

Intervention groups

First, patients in both groups were invited separately to explanatory session. Then the experimental group received a weekly educational course of six one-hour sessions consisting Pender lifestyle contents (nutrition, physical activity, stress management, moral growth, interpersonal relationship, responsibility health) which has been based on the most recent sources. The material used in this study was the questioner HPLP2 which was completed by the patients before the intervention had started and then again eight weeks after it finished. Control group has a routine care in center.

Main outcome variables

Education based on the Pender model promotes the adoption of health promoting behaviors from HIV patients, which is suggested as an effective program for managers and healthcare providers.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170121032095N1**

Registration date: **2017-12-25, 1396/10/04**

Registration timing: **retrospective**

Last update: **2017-12-25, 1396/10/04**

Update count: **0**

Registration date

2017-12-25, 1396/10/04

Registrant information

Name

Shahzad Pashaeipour

Name of organization / entity

Tehran University of Medical Sciences

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+98 21 6105 4208

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2017-04-25, 1396/02/05

Expected recruitment end date

2017-08-28, 1396/06/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of lifestyle education based on Pender's model on health promoting behaviors in people living

with HIV

Public title

effects of lifestyle education on health promoting behaviors in people living with HIV

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

over than 18 years old minimum literacy at least 6 months after diagnosis

Exclusion criteria:

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Block randomization

Blinding (investigator's opinion)

Single blinded

Blinding description

colored pocket: red and blue

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

Tehran

City

Tehran

Province

Tehran

Postal code

1419733171

Approval date

2016-12-24, 1395/10/04

Ethics committee reference number

IR.TUMS.FNM.REC.1395.1296

Health conditions studied

1

Description of health condition studied

HIV

ICD-10 code

B20

ICD-10 code description

Human Immunodeficiency Virus

Primary outcomes

1

Description

Health promotion behavior

Timepoint

before and 8 weeks after intervention

Method of measurement

scale

Secondary outcomes

empty

Intervention groups

1

Description

lifestyle education based on Pender's model

Category

Lifestyle

2

Description

Control group: Traditional education in health center

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

behavioral control center

Full name of responsible person

shahzad pashaeypoor

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school of nursing and midwifery, TUMS, Nosrat St

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

TUMS

Full name of responsible person

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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

TUMS

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

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Position

Assistant prof

Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available