

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Evaluation of the effect of developing nutrition literacy education based on " Model of Planned Behavior " on nutrition knowledge and food behavior of students at Shiraz University of Medical Sciences

Protocol summary

Summary

This study is a randomized controlled trial which will be done in order to determine evaluation of the effect of developing nutrition literacy education based on " Model of Planned Behavior " on nutrition knowledge and food behavior of students at Shiraz University of Medical Sciences. The participants will be undergraduate degree of the Shiraz University of Medical Sciences and the sample size is 200 people. Educational Intervention in cases will be done during two 3 hours sessions and if necessary, another one-hour session will be done. Inclusion criteria: educating in one of undergraduate degree of the Shiraz University of Medical Sciences; willing to participate in the study. Exclusion criteria: non participate in the test; absence during classes; withdrew from the study(this means that participated in the pretest but non participate in post test). The cases are completed questionnaires in three stages (before, after and two months after the intervention) and the controls are completed questionnaires in 2 stages (beginning of the study and two months later). Expected that nutrition literacy, nutrition knowledge and food behavior of the students improved after intervention nutrition literacy education based on " Model of Planned Behavior".

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017022032678N1**

Registration date: **2017-03-12, 1395/12/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-03-12, 1395/12/22

Registrant information

Name

Elham Makiabadi

Name of organization / entity

School of Nutrition and Food Sciences, Shiraz University of Medical Science, Shiraz, Iran.

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2017-01-19, 1395/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of developing nutrition literacy education based on " Model of Planned Behavior " on nutrition knowledge and food behavior of students at Shiraz University of Medical Sciences

Public title

The effect of developing nutrition literacy education on nutrition knowledge and food behavior

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: educating in one of undergraduate degree of the Shiraz University of Medical Sciences; willing to participate in the study. Exclusion criteria: non participate in the study test; absence during classes; withdrew from the study(this means that participated in the pretest but non participate in post test).

Age

From **18 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **200**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Science

Street address

Center building of Shiraz University of Medical Sciences , in front of felestin street, zand avenue, Shiraz.

City

shiraz

Postal code

Approval date

2016-06-06, 1395/03/17

Ethics committee reference number

IR.SUMS.REC.1395.41

Health conditions studied

1

Description of health condition studied

The effect of nutrition literacy education on nutrition knowledge and food behavior

ICD-10 code

Z55.9; Z72

ICD-10 code description

Problem related to education and literacy, unspecified.
Problem related to lifestyle, unspecified

Primary outcomes

1

Description

Perceived behavioral control

Timepoint

before, after and two months after the intervention

Method of measurement

nutrition literacy questionnaire based on " Model of Planned Behavior "

2

Description

nutrition literacy

Timepoint

before, after and two months after the intervention

Method of measurement

nutrition literacy questionnaire

3

Description

Attitude toward the behavior

Timepoint

before, after and two months after the intervention

Method of measurement

nutrition literacy questionnaire based on " Model of Planned Behavior "

4

Description

Subjective norm

Timepoint

before, after and two months after the intervention

Method of measurement

nutrition literacy questionnaire based on " Model of Planned Behavior "

5

Description

Behavioral Intention

Timepoint

before, after and two months after the intervention

Method of measurement

nutrition literacy questionnaire based on " Model of Planned Behavior "

Secondary outcomes

1

Description

nutrition knowledge

Timepoint

before, after and two months after the intervention

Method of measurement

nutrition knowledge questionnaire

2

Description

food behavior

Timepoint

before and two months after the intervention

Method of measurement

food behavior questionnaire

Intervention groups

1

Description

Intervention group: direct education based on " Model of Planned Behavior, has been done by active methods. The intervention is carried through educational aids, such as PowerPoint, video projection, and video clips. indirect education has been done by manuals, pamphlets, and CDs. Educational Intervention in Cases is done during two 3 hours sessions.

Category

Lifestyle

2

Description

control group: Without educational intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Two Faculties affiliated to Shiraz university of medical sciences

Full name of responsible person

Street address

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Shiraz University of Medical Sciences

Full name of responsible person

Dr. Seyed Masum Masumpoor

Street address

Central building of Shiraz University of Medical

Sciences, in front of Felestin avenue, Zand stree.

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for research of Shiraz 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

School of nutrition and Food Sciences

Full name of responsible person

Elham Makiabadi

Position

Master of science student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz School of Public Health

Full name of responsible person

Mohammad-Hosseini Kaveh

Position

Associate Professor

Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person
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Position
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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