

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of health intervention study based on World Health Organisation's healthy work place framework on health behavior of Iranian seafarers working on tankers

Protocol summary

Summary

Education is the main Intervention in this study. The purpose of education is reduction of non-communicable diseases' risk factors. For example, based on the result of first phase, if the main problem of studied population is obesity or hypertension, nutrition education intervention will be done to be in line with weight control or recommendations for reducing the amount of salt consumption. In this way all kinds of educational tools like pamphlets and brochures will be used. About physical activity aerobic exercise for at least 30 minutes per day will be recommended. Also all of healthy work place committees' solution will be considered. In this study, 3 ships as control group and 3 ships as case group will be considered. Totally in each group 90 people will be assessed. Duration of intervention is 3 months and all seafarers with 6 months sea service will be entered the study. In all subjects biochemical parameters will be assessed by laboratory after signing of the seafarers. Health promotion questionnaire will be filled after finishing the interventions for assessing the success of the intervention. Also before and after the study all biochemical indexes like fasting blood glucose, lipid profile will be evaluate in participants by referring them to accurate laboratories.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201510272709N35**

Registration date: **2015-10-30, 1394/08/08**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-10-30, 1394/08/08

Registrant information

Name

Farzad Shidfar

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8862 2755

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Iran university of medical sciences

Expected recruitment start date

2016-02-01, 1394/11/12

Expected recruitment end date

2016-05-01, 1395/02/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of health intervention study based on World Health Organisation's healthy work place framework on health behavior of Iranian seafarers working on tankers

Public title

Study of World Health Organisation healthy work place

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Having at least 6 month sea service

Age

No age limit

Gender

Male

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 180

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**

Ethics committee of Iran University of Medical Sciences

Street address

Iran University of Medical Sciences, Crossroad of
shaheed Hemat and shaheed Chamran Express way,
Tehran, Islamic Republic of Iran

City

Tehran

Postal code**Approval date**

2015-08-29, 1394/06/07

Ethics committee reference number

IR.IUMS.REC.1394.25800

Health conditions studied**1****Description of health condition studied**

Health Problem status assessment

ICD-10 code

-

ICD-10 code description

-

Primary outcomes**1****Description**

Nutrition

Timepoint

Before intervention, 3 months after intervention

Method of measurement

Questionnaire

2**Description**

Physical activity

Timepoint

Before intervention, 3 months after intervention

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

Cholesterol

Timepoint

Before intervention, 3 months after intervention

Method of measurement

Blood test

2**Description**

Triglycerid

Timepoint

Before intervention, 3 months after intervention

Method of measurement

Blood test

3**Description**

LDL

Timepoint

Before intervention, 3 months after intervention

Method of measurement

Blood test

4**Description**

HDL

Timepoint

Before intervention, 3 months after intervention

Method of measurement

Blood test

Intervention groups**1****Description**

In intervention group: Education on lifestyle
improvement

Category
Lifestyle

2

Description

In control group: No intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

National Iranian Tanker Company

Full name of responsible person

Fereshteh Baygi

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Iran University of Medical Sciences, Cross road of
Shaheed Hemat and Chamran express way, Tehran,
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City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Iran University of
Medical Sciences

Full name of responsible person

Seyed Ali Javad Moosavi

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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

Vice chancellor for research, 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

Fereshteh Baygi

Position

PhD Candidate

Other areas of specialty/work

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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