

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

The effect of education based on the theory of planned behavior to improve the nutritional prophylactic treatment of anemia in pregnant women

Protocol summary

Summary

The aim of this interventional study is to determine the effect of education based on the theory of planned behavior in pregnant women in promoting preventive nutritional behaviors of anemia. Inclusion criteria: The literate pregnant women. Exclusion criteria: unwillingness to continue participation in this study and being absent for more than two sessions in educational to Arak's Treatment Health Centers. Samples select by simple random sampling and are assigned to intervention and control groups randomly (36 people in each group). Present study is designed based on theory of planned behavior and is done within these stages: selecting samples and dividing them into two groups of Intervention and Control. Pretest is done by using the questionnaire, then an educational intervention is carried out during four training sessions of lectures, group discussions, etc. The field of preventive nutritional behaviors anemia is based on the construct theory of planned behavior which it is about one month for intervention group, but control group just receive the routine educations of health centers. Then post-test is done by using the questionnaire about 3 months after intervention. The primary outcome: Adopting preventive behaviors anemia in pregnancy

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052334106N1**
Registration date: **2017-07-02, 1396/04/11**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-07-02, 1396/04/11

Registrant information

Name

Zahra Jahangiri

Name of organization / entity

Arak University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Office of the Vice-chancellor for Research of Arak University of Medical Sciences

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2017-11-22, 1396/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education based on the theory of planned behavior to improve the nutritional prophylactic treatment of anemia in pregnant women

Public title

The impact of education on nutritional prophylactic treatment of anemia in pregnant women

Purpose

Prevention

Inclusion/Exclusion criteria
Inclusion criteria: Literate pregnant women who were referred to Arak's Treatment Health Centers assigned for sampling. Exclusion criteria: unwillingness to continue participation in this study; being absent more than two sessions in educational classes.

Age
From **18 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **72**

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

Arak University of Medical Sciences

Street address

pardis Education Complex Department of Education and Research, Basij Square, Arak

City

Arak

Postal code

38481-7-6941

Approval date

2017-02-24, 1395/12/06

Ethics committee reference number

IR.ARAKMU.REC.1395.445

Health conditions studied

1

Description of health condition studied

Iron deficiency anaemia

ICD-10 code

D50

ICD-10 code description

Iron deficiency anaemia

Primary outcomes

1

Description

Adopting anemia preventive behaviors in pregnancy

Timepoint

Before and after the intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Attitude: Subjective norms: Perceived behavioral control and behavioral intention

Timepoint

Before and after the intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Education based on theory of planned behavior in intervention group consist of 4 sessions during an hour by the lecture and group discussion with use of educational booklet,etc.

Category

Prevention

2

Description

The control group just receive the routine educations

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak Health Centers

Full name of responsible person

Zahra Jahangiri

Street address

Department of Public Health, Golestan Street, Mustafa Khomeini, Arak

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Arak University of
Medical Sciences

Full name of responsible person

Dr Ali Ghazavi

Street address

Vice chancellor for research, Arak University of
Medical Sciences, Pardis Educational complex, Basij
Square, Sardashat, Arak

City

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Grant name

3616

Grant code / Reference number

3616

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

Yes

Title of funding source

Vice chancellor for research, Arak 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**

Department of Public Health, Arak University of
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Full name of responsible person

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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