Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Investigation of Multimedia Puberty Health Education on Body Image and Self-esteem for Male Students in The Middle School

Protocol summary

Study aim

The main goal is determining the effect of multimedia puberty health education on body image and self-esteem for male students in the middle school.

Design

participants were selected using random sampling method. Between high schools at Ilam city 2 ones were chose randomly after that among 2 selected high schools one of them as intervention group and the other one as control group were selected. In general, there were 58 students in intervention group and 60 students in control group.

Settings and conduct

Intervention program was included of 4 sections which each section was 60 minutes time duration. Educational content teaching Was conducted by using a researcher self-made compact disc. The used tools which were used in order to gathering information were Multidimensional Body Self-Relation Questionnaire, Rosenberg self-esteem questioner and personal profile. The mentioned resources during 3 stages were presented to the samples (before, immediately after and 3 months after education). After gathering information, they were analyzed by SPSS software.

Participants/Inclusion and exclusion criteria

Criterions of this study are as follow: • Iranian nationality • Living with original family (stepchild not included) • None history of presenting a puberty education • Full physical and mental health • Without facing any kind of nervous experience • Parents should not be educated in psychological, educational or medical sciences Criterions of sample rejection are as follow: • Being absent more than one section of educational courses • Occurring nervous accident during study or 3 months at the end of Educational intervention

Intervention groups

Puberty health program runs in the intervention group.About control group any type intervention won't be performed.

Main outcome variables

-Self esteem - Body image

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170822035833N1**
Registration date: **2017-12-07, 1396/09/16**
Registration timing: **registered_while_recruiting**

Last update: **2018-07-16, 1397/04/25**
Update count: **1**

Registration date

2017-12-07, 1396/09/16

Registrant information

Name
mahsa alimohammadi
Name of organization / entity
Iran University of medical Science
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Iran (Islamic Republic of)
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+98 88317137
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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2018-03-22, 1397/01/02

Actual recruitment start date

2017-11-25, 1396/09/04

Actual recruitment end date
2018-04-04, 1397/01/15
Trial completion date
empty

Scientific title
The Investigation of Multimedia Puberty Health Education on Body Image and Self-esteem for Male Students in The Middle School

Public title
The Investigation of Multimedia Puberty Health Education on Body Image and Self-esteem for Male Students in The Middle School
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
Iranian nationality Living with original family (stepchild not included) None history of educational leap or failing a hole year None history of presenting a puberty education Full physical and mental health Without facing any kind of nervous experience Parents should not be educated in psychological, educational or medical sciences
Exclusion criteria:
Being absent more than one section of educational courses Occurring nervous accident during study or 3 months at the end of Educational intervention
Age
No age limit
Gender
Male

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **112**
Actual sample size reached: **118**
Randomization (investigator's opinion)
Randomized
Randomization description
Between high schools at Ilam city 2 ones were chose randomly after that among 2 selected high schools one of them as intervention group and the other one as control group were select.After that two classes were chosen randomly through seconds grade ones which all their students were participate in intervention. The control group selection method was same as intervention group method.
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
Next to Milad Tower, Hemmat Highway, Tehran
City
Tehran
Province
Tehran
Postal code
۱۴۴۹۶۱۴۵۳۵
Approval date
2017-07-12, 1396/04/21
Ethics committee reference number
IR.IUMS.FMD.REC۱۳۹۶.۹۴۱۱۳۷۳۰۱۰

Health conditions studied

1

Description of health condition studied
health education
ICD-10 code
z71.9
ICD-10 code description
medical advice NOS

Primary outcomes

1

Description
body image
Timepoint
before, immediately after and 3 months after education
Method of measurement
Multidimensional Body Self-Relation Questionnaire

2

Description
self-esteem
Timepoint
before, immediately after and 3 months after education
Method of measurement
Rosenberg self-esteem questioner

Secondary outcomes

empty

Intervention groups

1

Description
intervention program was included of 4 sections with 60

minutes time duration which each section were held for boy students with 14-15 members separately. Content of each section consisted of such titles like Puberty physical and mental changes - Anatomy and Physiology of male reproductive system- Puberty health - sexual transmitted diseases - high risk behaviors- Nutrition - exercise - Life skills –self-esteem and body image.

Category

Prevention

2

Description

About control group any type intervention were not performed.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Dehkhoda boys' high school

Full name of responsible person

Sadegh alihosseini

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2

Recruitment center

Name of recruitment center

Javad- Al-Aeme boys' high school

Full name of responsible person

Mohammadreza bazdar

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Nahid Akbari

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nahidakbari@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Iran University of Medical Sciences

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

Iran University of Medical Sciences

Full name of responsible person

Leila Neisani Samani

Position

Midwifery Master of Science\Faculty Member

Latest degree

Master

Other areas of specialty/work

Midwifery

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Part of the data is related to the main outcome is Publishable.
When the data will become available and for how long
The beginning of the access period is 6 months after the publication of the results.
To whom data/document is available
Use for everyone is free
Under which criteria data/document could be used
There are no specific conditions for using data.
From where data/document is obtainable
mahsa alimohammadi email: mahsa71al@gmail.com
What processes are involved for a request to access data/document
There is no specific process.
Comments