

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jun 2026

The effect of school-based educational interventions on nutrition behaviors of adolescents girls based on social cognitive theory

Protocol summary

Summary

Objective: To investigate the effect of educational interventions based on social cognitive theory on dietary behaviors in adolescent girls. Study design: This study will be a single blind randomized controlled trial
Population: Eligible participants in this study will be all student girls in grade 6 and 7 in two public elementary schools, their parents and teachers. Inclusion criteria will adolescents living in Isfahan city and don't have allergy, chronic diseases or disabilities that interfere with interventions. Exclusion criteria: Students or teachers that plan to leave the school during the study and students, parents or teachers who do not participate in one educational session will subsequently exclude from study. Sample size: The study aimed to recruit 230 participants. Therefore, 115 students will be required in each of the two groups. Interventions: educational interventions including adolescents, parents and teachers nutrition education. parents and teachers involvement in education and social support. Time of intervention: Academic year(2016-2017) Outcomes: behavioral mediators and nutrition behaviors including breakfast consumption, snack and fast food consumption and fruit and vegetable consumption in adolescent girls.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201607052857N2**
Registration date: **2016-07-27, 1395/05/06**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-07-27, 1395/05/06

Registrant information

Name

Ashraf Kazemi

Name of organization / entity

Isfahan University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2016-11-21, 1395/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of school-based educational interventions on nutrition behaviors of adolescents girls based on social cognitive theory

Public title

The effect of health education on adolescent nutrition behavior

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Eligible participants in this study will be all student girls in grade 6 and 7 in Isfahan public elementary schools, and living in Isfahan or suburb area

of Isfahan, Youth should be mentally healthy and don't have allergy, chronic diseases or disabilities that interfere with interventions. Teenage mother or in the absence of the mother, who is in charged with the task of keeping youth, participates in sessions. Exclusion criteria: Students or teachers that plan to leave the school during the study and students, parents or teachers who do not participate in one educational session or will subsequently exclude from study.

Age

From **12 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **230**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Table of random numbers

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Isfahan university of medical sciences

Street address

Isfahan-Hezar jarib

City

Isfahan

Postal code

Approval date

2015-06-21, 1394/03/31

Ethics committee reference number

lr.mui.rec.1394.3.335

Health conditions studied

1

Description of health condition studied

-

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

knowledge

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

2

Description

self-efficacy

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

3

Description

intention

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

4

Description

social support

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

5

Description

self-regulation

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

6

Description

outcome expectations and expectancies

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

Secondary outcomes

1

Description

breakfast consumption

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

2

Description

snacking

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

3

Description

fruit and vegetable consumption

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

4

Description

fastfood consumption

Timepoint

before intervention,3 and 6 month after intervention

Method of measurement

questionnaire

Intervention groups

1

Description

adolescents, parents and teachers will receive educational program. Adolescents education class contains 8 sessions of 60 minutes each over eight weeks period. adolescents will receive participatory homeworks too. Sessions are planned to develop healthy nutrition behaviors including: Small group presentations, Facilitated discussion, Trigger films, Develop discussion, Provide successful examples of adolescents and Guided goal setting activities. Parents and teachers education package will be delivered through two workshops for parents and teachers separately through Lectures and pamphlets and SMS to improve social support for adolescents which is considered in social cognitive theory.

Category

Behavior

2

Description

The control group will continue to receive standard government routine health education by health teachers. Routine health education offers education to students

during monthly class contacts and don't have nutritional education sessions for parents and teachers.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

public elementary schools for girls

Full name of responsible person

Morvarid Ghasab Shirazi

Street address

Nursing and Midwifery school. Isfahan university of medical sciences

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Isfahan university of medical sciences

Full name of responsible person

Dr Mohamad Hashemi

Street address

Isfahan university of medical sciences

City

Isfahan

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 Isfahan 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

Isfahan University of Medical Sciences

Full name of responsible person

MORVARID gHASAB Shirazi

Position

PhD Candidate Student Reproductive Health

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