

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The Effect of Education Based on the BASNEF Model on Prevention of Osteoporosis in Girls' High School Students in quchan City, 2017

Protocol summary

Study aim

Determining the effect of educational intervention based on the BASNEF model in prevention of osteoporosis in high school students in Ghoochan city, 1965-96

Design

In this study, 120 students enrolled in high school studying at upper secondary schools are selected. Participants were randomly assigned to two groups of intervention and control and assigned to each participant a code that was written at each test stage of each person's questionnaire. The intervention group received education based on the BASNEF model and then the intervention was measured between the two groups using appropriate statistical software

Settings and conduct

In this study, the research sample was girl students who studied in two high schools in Quchan in mathematics, physics, humanities and science.

Participants/Inclusion and exclusion criteria

1. The age group is 15-17 years old. 2. Have the desire to participate in the study. 3. According to them, there is no physical limiting disease such as musculoskeletal disorders, fractures, diabetes or asthma.

Intervention groups

The intervention group consists of 60 primary school students who receive 4 training sessions based on the BASNEF model and educational pamphlet. Control group: 60 primary school students who do not receive any interventions, and compare their effectiveness with the intervention group based on the BASNEF model.

Main outcome variables

BASNEF model structures: knowledge, attitude, abstract norms, behavioral intention, incapacitating factors, behavior. Which are measured immediately and one month after training and are compared together.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171019036883N3**
Registration date: **2018-01-24, 1396/11/04**
Registration timing: **retrospective**

Last update: **2018-01-24, 1396/11/04**

Update count: **1**

Registration date

2018-01-24, 1396/11/04

Registrant information

Name

Faezeh Rastgoo

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8865 5366

Email address

f_rastgoo@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Private

Expected recruitment start date

2018-01-21, 1396/11/01

Expected recruitment end date

2018-03-06, 1396/12/15

Actual recruitment start date

2017-04-14, 1396/01/25

Actual recruitment end date

2017-05-22, 1396/03/01

Trial completion date

empty

Scientific title

The Effect of Education Based on the BASNEF Model on Prevention of Osteoporosis in Girls' High School Students

in quchan City, 2017

Public title

The Effect of Education on Preventive Behaviors of Osteoporosis

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Entry criteria, willingness to participate in research aged 15 to 17 non-specific diseases, attend training sessions.

Exclusion criteria:

1. Incorrect company at training sessions (at least two training sessions).

Age

From **15 years** old to **17 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Actual sample size reached: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

After selecting two schools from the list of schools in Quchan, using a coin throwing method, a school was selected as the control group and the other as the intervention group.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahid Beheshti University of Medical Sciences,
Faculty of Nursing and Midwifery

Street address

Tehran, Valiasr intersection and prayer, opposite
Shahid Rajaei Heart Hospital

City

tehran

Province

Tehran

Postal code

1985717443

Approval date

2017-03-07, 1395/12/17

Ethics committee reference number

IR.SBMU.PHNM.1395.635

Health conditions studied

1

Description of health condition studied

osteoporosis

ICD-10 code

M80

ICD-10 code description

Osteoporosis

Primary outcomes

1

Description

Upgrading the score for the BASNEF model

Timepoint

Before training and immediately after training and one month after the last training session

Method of measurement

questionnaire

Secondary outcomes

1

Description

Preventive behaviors of osteoporosis

Timepoint

Before the intervention, immediately and one month after the intervention

Method of measurement

By a researcher-made questionnaire

Intervention groups

1

Description

In the intervention group, four training sessions on osteoporosis are given based on the BASNEF model, and educational pamphlets are given to students on the same disease

Category

Prevention

2

Description

Control group: No intervention is performed in the control group. But ethically, traditional data and pamphlet training will be distributed upon completion of data collection

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

اداره آموزش و پرورش قوچان

Full name of responsible person

علیرضا شکری

Street address

خیابان شهید مطهری، بعد از چهارراه مدرس

City

quchan

Province

Razavi Khorasan

Postal code

94717-55685

Phone

+98 51 4722 2012

Email

quchantown.ir@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

dr camelia rohani

Street address

Valiasr St., intersection of prayer

City

tehran

Province

Tehran

Postal code

1985717443

Phone

+98 21 8865 5366

Fax

+98 21 8820 2521

Email

cameliarohani@yahoo.com

Web page address

http://nm.sbm.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid beheshti University of Medical Sciences

Proportion provided by this source

10

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

dr meimanat hosseini

Position

Ph.D. in Nursing / Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

Faculty of Nursing and Midwifery of Shahid Beheshti

City

tehran

Province

Tehran

Postal code

1985717443

Phone

+98 21 2239 4767

Fax

Email

meimanathosseini@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

parvaneh vasli

Position

Ph.D. in Nursing/ assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery of Shahid Beheshti

City

tehran

Province

Tehran

Postal code

1985717443

Phone

+98 21 8856 6567

Fax

Email

parvanehvasli@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

faezeh rastgoo

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

quchan. motahari 19. no.27

City

quchan

Province

Razavi Khorasan

Postal code

94717-55685

Phone

+98 51 4721 7578

Fax**Email**

fa_ra_nurse85@yahoo.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available