

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effect of educational program based on health belief model on preventive behaviors of cardiovascular disease in Nurses

Protocol summary

Study aim

Determine the effectiveness of the educational program based on the health belief model on the prevention behaviors of cardiovascular disease and hospital nursing staff.

Design

This study will be done on 104 people who will be randomly assigned to two groups of intervention and control.

Settings and conduct

The statistical population of this study is 104 nursing staff, staffs of operating room and anesthesia department at Koohdasht Imam Hospital in Lorestan in 2017.

Participants/Inclusion and exclusion criteria

Sample Entry Criteria: All nursing staff, operating room and anesthesiologists working in Imam Khomeini Hospital in Koohdasht Exit Sample Criteria: History of cardiovascular disease Participate in similar courses

Intervention groups

Intervention group: Determining the training needs after pre-test, develop a syllabus and educational content tailored to their needs, and training in 6 sessions of 40-30 minutes for 6 weeks. Control group: Without any intervention, the pretest and the test post are taken with the time interval of one month.

Main outcome variables

Scores obtained in all health belief model education structures

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171023036955N2**

Registration date: **2018-09-02, 1397/06/11**

Registration timing: **retrospective**

Last update: **2018-09-02, 1397/06/11**

Update count: **0**

Registration date

2018-09-02, 1397/06/11

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 66 3263 0716

Email address

malekshahi@lums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-11-11, 1396/08/20

Expected recruitment end date

2017-11-21, 1396/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational program based on health belief model on preventive behaviors of cardiovascular disease in Nurses

Public title

the effect of education on preventive behaviors of cardiovascular disease

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

All nursing staff , operating room and staff working at the Imam khomeini hospital kuhdasht (rah)

Exclusion criteria:
History of cardiovascular disease participation in the same period

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **104**

Randomization (investigator's opinion)
Randomized

Randomization description
the present study is a randomized controlled trial. the study population consisted of 104 people from nursing staff operating theatre and anesthetics hospital Imam (rah) in the kuhdasht of lorestan 2017. individuals have been studied based on entry criteria and are randomly assigned to two groups according to the stratified random sampling method based on the work experience and the level of education

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

Ethics Committee in Lorestan University of Medical Sciences

Street address

Mediac Campus, Khorramabad school of Medicine, 5th km of Borujerd-Kamalvand Road

City

Khorramabad

Province

Lorestan

Postal code

6813833946

Approval date

2017-09-11, 1396/06/20

Ethics committee reference number

IR.LUMS.REC.1396.298

Health conditions studied

1

Description of health condition studied

Cardiovascular diseases

ICD-10 code

...

ICD-10 code description

.....

Primary outcomes

1

Description

Preventive Behaviors of Cardiovascular Diseases

Timepoint

1 and 60 days after training

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: By obtaining information about the status of the participants and determining their educational needs, a training program with educational content tailored to their needs will be delivered to the participants through 6 30-40 minute sessions for 6 weeks

Category

Prevention

2

Description

Control group: Without any intervention, the pretest and the post test are taken with the time interval of one month.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital in Kohdasht

Full name of responsible person

Hosein Tolabi

Street address

Imam Khomeini Hospital, Keshavarz Square, Kohdasht

City

Kohdasht

Province

Lorestan
Postal code
6841976554
Phone
+98 66 3262 8020
Email
Emam.hospital@lums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Khoram-Abad University of Medical Sciences
Full name of responsible person
Taheri Kalani Morovat
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381251698
Phone
+98 66 3312 0172
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research@lums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Khoram-Abad 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
Khoram-Abad University of Medical Sciences
Full name of responsible person
Maleshahi Farideh
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Health Promotion

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Person responsible for updating data

Contact

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Shahram Ghasemi Amraei
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Master student
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Bachelor
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sh.gh1358@gmail.com

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

Yes - There is 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

Title and more details about the data/document

....

When the data will become available and for how long

....

To whom data/document is available

....

Under which criteria data/document could be used

....

From where data/document is obtainable

....

What processes are involved for a request to access data/document

....

Comments