Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

A comparison of effectiveness between multimedia and booklet education on uncertainty about menopause among menopausal transition

Protocol summary

Study aim

the comparison of effectiveness between multimedia and booklet education on uncertainty about menopause among women on menopausal transition

Design

In this research, will be selected 60 women aged 45 to 55 years old who are referred to the community health centers of the Gonabad city. Participants will be randomly divided into two groups of booklet and multimedia and A code will be allocated to each participant.

Settings and conduct

To conduct this study, after obtaining the necessary permissions to start the research and identify the research units, they will be invited to participate in the study. Before starting the study, will be explained the research objectives and will be obtained written and informed consent from all participants. At the first meeting, the mentioned questionnaires will be given to two multimedia and booklet groups. Then in the multimedia group, DVDs will be provided with educational content related to menopause. Then they will be taught how to use this DVD and a two-week timetable for viewing its training program. During these two weeks, the researcher will remind the participants, using the multimedia program by SMS. He will also provide a telephone number for them to contact the researcher if there is a problem or a question. In the booklet group, the samples will be given a booklet with exactly the same content as the multimedia package. the Knowledge and uncertainty questionnaires will be completed immediately after the intervention and one month later.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Being in the age range of 55 to 45 years. Having reading and writing skills. Desiring to participate in research. Exit criteria: Suffering from chronic mental illness or neurological disorders. Having a hearing or visual impairment. passed a specialized training course on menopause

Intervention groups

in the multimedia group, will be provided a DVD with educational content related to menopause. Then they will be taught how to use this DVD and a two-week timetable for viewing its training program. During these two weeks, the researcher will remind the participants, using the multimedia program by SMS. He will also provide a telephone number for them to contact the researcher if there is a problem or a question. In the booklet group, the samples will be given a booklet with exactly the same content as the multimedia package.

Main outcome variables

Reduce Uncertainty in Postmenopausal Women and Promote Their Health

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171025037003N2**
Registration date: **2018-01-29, 1396/11/09**
Registration timing: **retrospective**

Last update: **2018-01-29, 1396/11/09**
Update count: **0**

Registration date

2018-01-29, 1396/11/09

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5722 3028

Email address

f.afshari@gmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date
2017-08-23, 1396/06/01

Expected recruitment end date
2017-12-21, 1396/09/30

Actual recruitment start date
2017-08-23, 1396/06/01

Actual recruitment end date
2017-12-11, 1396/09/20

Trial completion date
empty

Scientific title
A comparison of effectiveness between multimedia and booklet education on uncertainty about menopause among menopausal transition

Public title
A comparison of effectiveness between multimedia and booklet education on uncertainty about menopause among menopausal transition

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
All women from 45 to 55 years old covered by community health centers of Gonabad city

Exclusion criteria:
Suffering from chronic mental illness or neurological disorders Having a hearing or visual impairment Spending a specialized training course on menopause

Age
From **45 years** old to **55 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**
Actual sample size reached: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Sampling will be done by two-stage cluster sampling, so that in the first stage,from all of community health centers in Gonabad city, two centers will be randomly selected for intervention (a center for multimedia group and a center for the booklet group), And in the next stage, In each center, a list of 45-55-year-old women will be provided as a sampling frame by Using a household profile recorder, and then the research units will be randomly selected from this list.

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 Gonabad University of Medical Sciences

Street address
Asian Roads Edge - Educational and Research Deputy of Gonabad University of Medical Sciences،

City
Gonabad

Province
Razavi Khorasan

Postal code
9691793718

Approval date
2017-09-27, 1396/07/05

Ethics committee reference number
IRGMUREC1396.61

Health conditions studied

1

Description of health condition studied
menopause

ICD-10 code
N95.8

ICD-10 code description
Other specified menopausal and perimenopausal disorders

Primary outcomes

1

Description
Awareness and Uncertainty in menopause

Timepoint
Before intervention, immediately after the intervention and one month later

Method of measurement
Awareness Questionnaire, Uncertainty in Menopause Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
first Intervention group: in the multimedia group, DVDs will be provided with educational content related to menopause. Then they will be taught how to use this DVD and a two-week timetable for viewing its training program. During these two weeks, the researcher will remind the participants, using the multimedia program by SMS. He will also provide a telephone number for them to contact the researcher if there is a problem or a question.

Category
Lifestyle

2

Description
Intervention group: In the booklet group, the samples will be given a booklet with exactly the same content as the multimedia package.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Gonabad Community Health Centers

Full name of responsible person
Fateme Afshari

Street address
Gonabad, Asian Roads, Gonabad University of Medical Sciences

City
Gonabad

Province
Razavi Khorasan

Postal code
9691793718

Phone
+98 51 5722 5027

Fax
+98 51 5722 3814

Email
f.afshari@gmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gonabad University of Medical Sciences

Full name of responsible person
Narjes Bahri

Street address
Gonabad, Asian Roads, Gonabad University of Medical Sciences

City
gonabad

Province
Razavi Khorasan

Postal code
9691793718

Phone
+98 51 5722 3028

Fax
+98 51 5722 3814

Email
nargesbahri@yahoo.com

Grant name

Grant code / Reference number

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

Title of funding source
Gonabad 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
Gonabad University of Medical Sciences

Full name of responsible person
fateme afshari

Position
MSc. student in nursing

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad

City
gonabad

Province
Razavi Khorasan

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Phone
+98 51 5722 3028

Fax
+98 51 5722 3814

Email
f.afshari@gmu.ac.ir

Person responsible for scientific

inquiries

Contact

Name of organization / entity
Gonabad University of Medical Sciences

Full name of responsible person
Dr.narjes bahri

Position
Ph.D. in reproductive health

Latest degree
Ph.D.

Other areas of specialty/work
Midwifery

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9691793718

Phone
+98 51 5722 3028

Fax
+98 51 5722 3814

Email
nargesbahri@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Gonabad University of Medical Sciences

Full name of responsible person
fateme afshari

Position
MSc. student in nursing

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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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