

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 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

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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

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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

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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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Email

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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

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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