

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of Intervention based on Precede Proceed Model on oil Consumption habits in families covered by Rasht health centers -2017

Protocol summary

Study aim

Determination of the effect of educational intervention based on PRECEDE pattern model on oil consumption pattern in families covered by comprehensive urban health services centers in year 96

Design

This study is a randomized controlled trial (RCT) study. In this study, the effect of intervention based on the PRECEDE pattern model on the pattern of oil consumption in the families covered by the comprehensive urban health services centers of Rasht in 1396 will be examined. In order to sample 16 centers of comprehensive health services, 3 centers are randomly selected and 3 centers are selected as controls. Considering that 76 samples per group are needed, on average, each of the selected comprehensive urban health centers should use 28 random numbers in each center to be selected and invited to study by telephone. In the first stage, the list of the names of 16 health centers is arranged in numbers from 1 to 16, and then selected from the Center for Comprehensive Health Services as test and control centers (3 test centers, 3 control centers) and with Considering that the sample size is estimated to be 152, the sample size (urban health center) will be 152 people. Then, the samples will be evaluated in two stages (before intervention and 2 months after intervention).

Settings and conduct

The research environment consists of 16 comprehensive centers of urban health services in Rasht and the home-based research community of comprehensive health centers. First, a pre-test based on the PRECEDE pattern of the process will be performed on both groups. Then the intervention on the test group was performed based on the results of the pre-test and at the end of the work, the post-test was performed on both groups and the results will be compared.

Participants/Inclusion and exclusion criteria

Entry criterion: Housewives covered by the

Comprehensive Health Services Center, with a clear and accessible address and telephone number to follow up and complete the individual consent of the company in the study. Exit criteria: Women who are more than once in intervention sessions for absenteeism or immigration and change of residence at each stage of the study will be excluded

Intervention groups

The aim of the study was to investigate the effect of model-based intervention on the consumption pattern of oils in families covered by comprehensive urban health services in Rasht in 1396, which will be carried out in two groups of test and control group. The study population is domestic wife housewives. Initially, in the intervention group, the pre-test, then the intervention, and then 2 months later. And in the first post-test control group and 2 months post-test

Main outcome variables

Change in behavior 2- Modify the pattern of oil consumption in the household and ultimately improve lifestyle

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20080825001087N10**

Registration date: **2018-03-07, 1396/12/16**

Registration timing: **registered_while_recruiting**

Last update: **2018-03-07, 1396/12/16**

Update count: **0**

Registration date

2018-03-07, 1396/12/16

Registrant information

Name

Rabiollah Farmanbar

Name of organization / entity

Guilan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 13 1552 0149

Email address

farmanbar@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-09-22, 1396/06/31

Expected recruitment end date

2018-04-21, 1397/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Intervention based on Precede Proceed Model on oil Consumption habits in families covered by Rasht health centers -2017

Public title

The effect of intervention based on Precede Proceed Model on oil consumption habits in families covered by Rasht health centers -2017

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Housewives covered by the Comprehensive Health Services Center, Has an address with a clear and accessible telephone number to follow up and completing individual satisfaction

Exclusion criteria:

Women who have more than one time in intervention sessions of absence will be excluded from the study. or migration and change the location in each stage of the study

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **152**

Actual sample size reached: **152**

Randomization (investigator's opinion)

N/A

Randomization description

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

Ethic committee Gilan University of Medical Science

Street address

Research Assistant Building, Oppsite Al Zahra Hospital, Shahid Seyadati, Namjoo St

City

Rasht

Province

Guilan

Postal code

68164-41446

Approval date

2018-02-12, 1396/11/23

Ethics committee reference number

IR.GUMS.REC.1395.446

Health conditions studied

1

Description of health condition studied

Modifying the pattern of oil consumption in the household

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Attitude

Timepoint

Before intervention, two months after the intervention

Method of measurement

questionnaire

2

Description

Enabling Factors

Timepoint

Before the Intervention, Two months After the Intervention

Method of measurement

Questionnaire

3

Description

Knowledge

Timepoint

Before the Intervention, Two months After the Intervention

Method of measurement

Questionnaire

4

Description

Reinforcing Factors

Timepoint

Before the Intervention, Two months After the Intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

The effect of intervention based on oil consumption habits

Timepoint

Pre-intervention, two months after the intervention

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group: After performing a pre-test in both groups, the housewives of the intervention group are invited to participate in the training sessions. The educational program will be based on a training package and group discussions and educational slideshows. Two months after the end of the intervention, we will test them

Category

Lifestyle

2

Description

Control group: Of the housewives, the control group is first tested, but we do not participate in educational interventions. Two months after the pre-test, we give them the same questionnaire again to complete.

Category

Lifestyle

Recruitment centers

1

Recruitment center**Name of recruitment center**

Married housewives

Full name of responsible person

Sareh Mohammadi Jorshari

Street address

9-Shahid Mehdizadeh Street-Lashht-e Nasha Town-Rasht town

City

Rasht

Province

Guilan

Postal code

4343145675

Phone

+98 13 3440 2449

Email

sa.mohammadij@yahoo.com

Web page address

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

vic chancellor for research and technology, Gilan University of medical Science

Full name of responsible person

Dr. Shademan Nemati

Street address

old Building,schoolo of Public Health,Facing The Shahrivar Hospital,Shahid Siadati St,Namjoo St, Rasht

City

Rasht

Province

Guilan

Postal code

4144668164

Phone

+98 13 3333 5820

Email

nemati@gums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Vic chancellor for research and technology, Gilan University of medical Science

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

School of Health Rasht

Full name of responsible person

Sareh Mohammadi Jorshari

Position

Graduate (masters)Student Health

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

School Of Public Health, Three road Palestina

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Guilan

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4431685888

Phone

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Person responsible for scientific inquiries

Contact

Name of organization / entity

School of Public Health

Full name of responsible person

Dr Rabiollah Farmanbar

Position

Associated Professor of Health Promotion

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for updating data

Contact

Name of organization / entity

School of Public Health

Full name of responsible person

Sareh Mohammadi Jorashari

Position

Graduate (master)Student health

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

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Postal code

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Phone

+98 13 4232 0410

Email

sa.mohammadij@yahoo.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

No - There is not 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