

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

Comparasion of the effect of group discussion and motivational interviewing on health behaviors of junior high school female students

Protocol summary

Study aim

Comparison of the effect of education in the form of group discussion and motivational interview on health behaviors of the 10th grade girl students in Yasouj city

Design

Using a simple random sampling method, among high schools, Three schools will be selected randomly. Between these three schools, will draw and each school will be randomly assigned to three groups of group discussion intervention, motivational interview and control group. At each high school, we begin by using available sampling from a class. The health behavior questionnaire is completed by the student and is selected as a sample if we get a weak to moderate score. A total of 90 students will be selected in 3 groups (control group 30 students, group discussion group 30 students and motivational interview group 30 student.

Settings and conduct

This study will be conducted on health behaviors among female students in Yasuj city. Students are randomly divided into three groups. Then, while the control group does not receive any intervention, For a group, group discussion intervention and other motivational interviewing will be held. Participants in this study, which were based on eleven students were unaware of the allocation of study groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1. Students' satisfaction to participate in the study 2. Earn a weak or moderate score in the areas of health behavior non inclusion criteria: 1.No incentive to cooperate

Intervention groups

Intervention Group 1: Group training for five weeks and every week for an hour; Intervention Group 2: Motivational Interview for five weeks, one session a week; Control group: no intervention

Main outcome variables

1.Health behavior score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170529034205N2**

Registration date: **2018-09-06, 1397/06/15**

Registration timing: **retrospective**

Last update: **2018-09-06, 1397/06/15**

Update count: **0**

Registration date

2018-09-06, 1397/06/15

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3726 5808

Email address

marziyeh.eftekhari@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-04-04, 1396/01/15

Expected recruitment end date

2017-06-20, 1396/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparasion of the effect of group discussion and

motivational interviewing on health behaviors of junior high school female students	
Public title	Comparasion of the effect of group discussion and motivational interviewing on health behaviors of students
Purpose	Education/Guidance
Inclusion/Exclusion criteria	Inclusion criteria: Students' satisfaction to participate in the study Passing the ninth grade successfully and studying at the base of tenth grade Non-use of depressive drugs and psychosocial effects Earn a poor or moderate score in the areas of health behavior Exclusion criteria: No incentive to cooperate
Age	From 15 years old to 17 years old
Gender	Female
Phase	N/A
Groups that have been masked	Participant
Sample size	Target sample size: 90 Actual sample size reached: 90
Randomization (investigator's opinion)	Randomized
Randomization description	Using a simple random sampling method, among high schools, one will be selected by accident. Then, among the other high schools, the two schools that have more similarity to the first-time school in terms of geographic location, socio-economic status and the number of female students in the 10th grade will been selected and among the three drawed schools, each will be assigned randomly into three groups: group discussion intervention, motivational interview and control group.
Blinding (investigator's opinion)	Single blinded
Blinding description	Participants in this study, which were tenth- grade students in three elective schools, were unaware of the allocation of study groups
Placebo	Not used
Assignment	Parallel
Other design features	
Secondary Ids	empty
Ethics committees	

<u>1</u>	
Ethics committee	
Name of ethics committee	Ethics committee of Yasuj University of Medical Sciences
Street address	Shahid Motahari Blvd., Yasuj
City	Yasuj
Province	Kohgilouyeh-va-Boyerahmad
Postal code	7591741417
Approval date	2017-03-14, 1395/12/24
Ethics committee reference number	IR.YUMS.REC.1395.203
Health conditions studied	
<u>1</u>	
Description of health condition studied	health behavior
ICD-10 code	
ICD-10 code description	
Primary outcomes	
<u>1</u>	
Description	health behavior score
Timepoint	Before the intervention and one month after the intervention
Method of measurement	Health behaviors questionnaire
Secondary outcomes	empty
Intervention groups	
<u>1</u>	
Description	Intervention group1: Group discussion sessions will be held by the researcher each week at the classroom with an appointment time of five weeks. Educational materials are in five areas of nutrition, exercise, stress management, health behaviors and sleep patterns.
Category	Lifestyle
<u>2</u>	
Description	Intervention group 2: motivation interview:The structure of motivational interviewing sessions will be extracted

and implemented from a group intervention interactive motivational interview. The sessions are as follows: acquaintance, emotions, positive and negative dimensions of behavior change, values, perspective and final assessment.

Category
Lifestyle

3

Description

Control group: The control group will not receive any intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Omme Abiha high school

Full name of responsible person

Marziyeh Eftekhari Khafri

Street address

Omme Abiha high school, Imam Hossein Town

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Email

Marziyeh.eftekhari@yums.ac.ir

Web page address

2

Recruitment center

Name of recruitment center

Sedigheh Athar high school

Full name of responsible person

Marziyeh Eftekhari Khafri

Street address

Sedigheh Athar high school, Opposite gas company

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3

Recruitment center

Name of recruitment center

Ghadir high school

Full name of responsible person

Marziyeh Eftekhari Khafri

Street address

Ghadir high school, Shahed 2 street

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Email

Marziyeh.eftekhari@yums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yasouj University of Medical Sciences

Full name of responsible person

Dr Hossein Mari Oryad

Street address

Yasuj University of Medical Sciences, Shahid Motahhari Blvd, Yasuj

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Email

oryad.hossein@yums.ac.ir

Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yasouj 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**

Yasouj University of Medical Sciences

Full name of responsible person

Marziyeh Eftekhari Khafri

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Yasouj University of Medical Sciences

Full name of responsible person

Marziyeh Eftekhari Khafri

Position

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Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Position

student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

information about the main outcome will be shared

When the data will become available and for how long

6 to 8 months after publishing the results, access to the document will be possible

To whom data/document is available

researchers working at academic institutions

Under which criteria data/document could be used

outcome of the study can be used by professors and students who are studying in the domain of health behaviors

From where data/document is obtainable

by email marziyeh.eftekhari@yums.ac.ir

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

applicant sends his request by email and after checking, if it is in the allowed range, file will be sent in one month

Comments