

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

Investigating the effect of teaching the principles of maintaining health based on Persian medicine by Health workers on rural women's quality of life

Protocol summary

Study aim

Investigation of rural women's quality of life before and after education. Investigating the measure of educational intervention effect on rural women's quality of life. Investigation of rural women's performance before and after education. Investigating the measure of educational intervention effect on rural women's performance. Investigating the effect of age, marital status and education on rural women's quality of life. Investigating the effect of age, marital status and education on rural women's performance.

Design

In this study, 865 rural women aged between 20 - 55 that are inhabitant of village, with possibility of attendance in educational classes, are selected through all women population in Kashan.

Settings and conduct

This study will be conducted in Kashan. Rural women will be trained by health workers . Before the education and 3 month after it, rural women's quality of life will be evaluated with SF36 health survey and their performance with a questionnaire prepared by research team.

Participants/Inclusion and exclusion criteria

rural women aged between 20 - 55 that are inhabitant of village with possibility of attendance in educational classes.

Intervention groups

All rural women that are present in this study.

Main outcome variables

Quality of life, Performance

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180102038186N1**

Registration date: **2018-01-25, 1396/11/05**

Registration timing: **registered_while_recruiting**

Last update: **2018-01-25, 1396/11/05**

Update count: **0**

Registration date

2018-01-25, 1396/11/05

Registrant information

Name

Zakaria Rohani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 5544 8214

Email address

z.rohani@shahed.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-20, 1396/10/30

Expected recruitment end date

2018-01-26, 1396/11/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of teaching the principles of maintaining health based on Persian medicine by Health workers on rural women's quality of life

Public title

Investigating the effect of teaching the principles of maintaining health based on Persian medicine on rural women's quality of life

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Aged between 20 - 55 Village residency The possibility of attendance in educational classes

Exclusion criteria:

Age

From **20 years** old to **55 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **865**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shahed University of Medical Sciences

Street address

Shahed University, Across from Imam Khomeini holy shrine, Tehran-Qom Freeway

City

Tehran

Province

Tehran

Postal code

3319118651

Approval date

2017-10-30, 1396/08/08

Ethics committee reference number

IR.Shahed.REC.1396.62

Health conditions studied

1

Description of health condition studied

Quality of life

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Quality of life

Timepoint

Before the intervention, 3 month after the intervention

Method of measurement

SF - 36 Health Survey

2

Description

Performance

Timepoint

Before the intervention, 3 month after the intervention

Method of measurement

Performance self developed questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Village women will learn the principles of maintaining health based on Persian medicine in five educational classes for a month.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Educational center for health workers in Kashan

Full name of responsible person

Zakaria Rohani Yazdeli

Street address

Etrat 26 Alley, Between Imam and Darbe Atta Squares, Abazar Street.

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Sponsors / Funding sources

1

Sponsor

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

Title of funding source
Shahed University
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
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Person responsible for updating data

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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

Not applicable

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