Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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.
City
Kashan
Province
Isfehan
Postal code
8715655431
Phone
+98 31 5523 4291

Email
z.rohani@shahed.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahed University
Full name of responsible person
Dr Mohammad Reza Vaez Mahdavi
Street address
Shahed University, Across from Imam Khomeini holy shrin, Tehran - Qom Freeway.
City
Tehran
Province
Tehran
Postal code
3319118651
Phone
+98 21 5121 4055
Email
vaezmahdavi@shahed.ac.ir
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
Shahed University
Full name of responsible person
zakaria Rohani Yazdeli
Position
PHD student of Persian Medicine
Latest degree
Medical doctor
Other areas of specialty/work
Traditional Medicine
Street address
Shahed University, Across from Imam Khomeini holy shrine, Tehran - Qom Freeway
City
Tehran
Province
Tehran
Postal code
3319118651
Phone
+98 21 5121 4055
Email
z.rohani@shahed.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shahed University
Full name of responsible person
Dr Mohammad Reza Vaez Mahdavi
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Physiology
Street address
Shahed University, Across from Imam Khomeini holy shrine, Tehran Qom Freeway
City
Tehran
Province
Tehran
Postal code
3319118651
Phone
+98 21 5121 4055
Email
vaezmahdavi@shahed.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Shahed University
Full name of responsible person
Zakaria Rohani
Position
Assistant
Latest degree
Medical doctor
Other areas of specialty/work
Traditional Medicine
Street address
Postal code 8715656778, Momenian Alley, Taleqani Street
City
Kashan
Province
Isfehan
Postal code
8715656778
Phone
+98 31 5544 8214
Fax

Email
Z.rohani@shahed.ac.ir

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