Clinical Trial Protocol
Iranian Registry of Clinical Trials

24 Sep 2026

Design and evaluation of educational intervention based on health action process approach about the consumption of sweets in women referred to health centers

Protocol summary

Study aim

1- Determining the effect of educational intervention program based on the Health Action Process Approach to reduce the consumption of sweets in mothers referring to health centers

Design

In this study, 216 mothers will be randomly selected from mothers referring to four health centers in Shiraz. then, these participants are divided into three groups of pre intenders, intenders, and actors in the field of confectionery consumption, then the participants in each group are randomly assigned to two groups of intervention and control.

Settings and conduct

All three intervention groups will receive a training program that is appropriate to the stage they are in. After intervention, data were collected at two points, two months after the intervention and six months after the intervention in both intervention and control groups by questionnaires.

Participants/Inclusion and exclusion criteria

-Have at least one child over 6 months, Willing to cooperate and participate in research؛ Having a special diet that bans confectionery sweets

Intervention groups

For the intervention group 1 that are in the foreground phase, their training program will include three training sessions on the disadvantages of confectionery consumption associated with the consumption of sweets and the benefits of reducing the consumption of sweets. For the intervention group 2 who are in the intent to consume confectionery, their training program will include three training sessions for planning how to reduce confectionery consumption. For the intervention group 3, which is in the practice of reducing the consumption of sweets, their training program will include two training sessions for training how to monitor the continued reduction in confectionery consumption.

Main outcome variables

Behavior of sweets consumption

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180113038337N1**
Registration date: **2018-08-29, 1397/06/07**
Registration timing: **retrospective**

Last update: **2018-08-29, 1397/06/07**
Update count: **0**

Registration date

2018-08-29, 1397/06/07

Registrant information

Name

Fatemeh Jowzi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3839 1345

Email address

f.jozi@iauf.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-04-04, 1396/01/15

Expected recruitment end date

2018-07-06, 1397/04/15

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Design and evaluation of educational intervention based on health action process approach about the consumption of sweets in women referred to health centers

Public title
Design and evaluation of educational intervention based on health action process approach about the consumption of sweets in women
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
Having at least one child over 6 months Willing to cooperate and participate in research
Exclusion criteria:
Having a special diet that bans confectionery sweets
Age
From **18 years** old to **85 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **216**
Randomization (investigator's opinion)
Randomized
Randomization description
Permuted block randomization method was used to balance the number of samples assigned to each of the two study groups. Given that in this study, the sample size was 72 in each group, we used 6 blocks of 12. As a result, we have 6 people in each block with the intervention group and 6 people in the control group. Finally, 36 individuals in the intervention group and 36 in the control group.
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 ofShahid Sadoughi University of Medical sciences
Street address
Alam Square, Shohadaye Gomnam Blvd, Yazd Town
City
Yazd
Province
Yazd
Postal code
8915173160
Approval date
2016-03-05, 1394/12/15
Ethics committee reference number
IR.SSU.SPH.REC.1394.108

Health conditions studied

1

Description of health condition studied
Reduce the consumption of sweets
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Consumption of sweets in the feed frequency questionnaire
Timepoint
At the beginning of the study, two months and six months after the intervention
Method of measurement
Food Frequency Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
intervention group: The intervention group1is Mothers who are in the field of pre-intention consumption of sweets. Their training program is about the disadvantages of confectionery consumption related to the consumption of sweets and the benefits of reducing the consumption of sweets.
Category
Behavior

2

Description
Intervention group: The intervention group2 is mothers who are in the intent to consume sweets. Their training program will include training on how to reduce

confectionery consumption.

Category

Behavior

3

Description

Intervention group:The intervention group3 will have mothers who will be in the practice phase of reducing the consumption of sweets and their curriculum will teach you how to monitor to continue to reduce the consumption of sweets

Category

Behavior

4

Description

Control group: Control group that will not receive any intervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Abolfazl Health Center

Full name of responsible person

Aliasghar Masih Nejad

Street address

Nasr Blvd, Shiraz Town

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Province

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2

Recruitment center

Name of recruitment center

Mohsen Eftekhar Health Center

Full name of responsible person

Maasomeh Mosavi

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3

Recruitment center

Name of recruitment center

Valiasr Health Center

Full name of responsible person

Maryam Saeed Firoozabadi

Street address

Rahmat Blvd.,South Bahonar St.,Shiraz Town

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4

Recruitment center

Name of recruitment center

Namazi Health Center

Full name of responsible person

Hamid Zaraee

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Masoud Mirzaei

Street address

Alam Square, Shohadaye Gomnam Blvd, Yazd Town

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Email

f.jozi@iauf.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yazd University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

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

Yazd University of Medical Sciences

Full name of responsible person

Fatemeh Jowzi

Position

Phd candidate in Health Education & Promotion Yazd Shahid Sadoughi University of Medical Sciences

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Fatemeh Jowzi

Position

Phd candidate in Health Education & Promotion Yazd Shahid Sadoughi University of Medical Sciences

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Fatemeh Jowzi

Position

Phd candidate in Health Education & Promotion Yazd Shahid Sadoughi University of Medical Sciences

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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