

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

Comparison the Effectiveness of Education and Lack of Education Based on Health Belief Model on Promoting the Preventive Behaviors of Mothers from Girls' Early Puberty

Protocol summary

Study aim

Determining the effectiveness of education based on health belief model on promoting preventive behaviors of mothers from girls' early puberty

Design

In a quasi-experimental study were selected 64 mothers of having five to seven years girl, that divided in two groups of control and test based on purpose

Settings and conduct

Mothers referring to kindergarten and Ghalam Cultural Center in Damavand were divided to control and test groups. Pre-test was taken from both groups. Then educational sessions were held for the test group on preventive behaviors of early Puberty. Finally post-test was taken from both groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Mothers who having five to seven years old girl, having literacy to read and write, not having a history of early puberty and not having children with early puberty; Exclusion criteria: Cancel continue participating in sessions

Intervention groups

Intervention group: Implementing Educational Intervention based on Health Belief Model, Control group: Non-Intervention

Main outcome variables

Preventive Behaviors of Early Puberty, Increasing the Concepts of the Health Belief Model

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20130311012792N2**

Registration date: **2018-02-21, 1396/12/02**

Registration timing: **retrospective**

Last update: **2018-02-21, 1396/12/02**

Update count: **0**

Registration date

2018-02-21, 1396/12/02

Registrant information

Name

Yaser Saeid

Name of organization / entity

Bagiatalah University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 21 7710 3695

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mjavadi@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-02-13, 1395/11/25

Expected recruitment end date

2017-03-15, 1395/12/25

Actual recruitment start date

2017-05-20, 1396/02/30

Actual recruitment end date

2017-06-20, 1396/03/30

Trial completion date

empty

Scientific title

Comparison the Effectiveness of Education and Lack of Education Based on Health Belief Model on Promoting the Preventive Behaviors of Mothers from Girls' Early Puberty

Public title

The Effectiveness of Education Based on Health Belief

Model on Promoting Preventive Behaviors of Mothers from Girls' Early Puberty

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Mothers (the samples) who having literacy to read and write participating in educational sessions and tests in before and after education Mothers who having five to seven years old girl Mothers not having a history of early puberty Mothers not having a child with early puberty

Exclusion criteria:

Cancel continue participating in educational sessions

Age

From **25 years** old to **43 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **64**

Actual sample size reached: **64**

Randomization (investigator's opinion)

Not randomized

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

Ethics committee of Baqiyatallah University of Medical Sciences

Street address

Baqiyatallah University of Medical Sciences, Sheykh Bahaee Ave., Molla Sadra Ave., Vanak Square.

City

Tehran

Province

Tehran

Postal code

1698749511

Approval date

2017-02-12, 1395/11/24

Ethics committee reference number

IR.BMSU.REC.1395.301

Health conditions studied

1

Description of health condition studied

Preventive Behaviors of Early Puberty

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Preventive Behaviors of Early Puberty

Timepoint

Before and one Month after the Educational Intervention

Method of measurement

Researcher-made questionnaire based on Health Belief Model

Secondary outcomes

1

Description

perceived susceptibility

Timepoint

Before and one Month after the Educational Intervention

Method of measurement

Researcher-made questionnaire based on Health Belief Model

2

Description

Perceived severity

Timepoint

Before and one Month after the Educational Intervention

Method of measurement

Researcher-made questionnaire based on Health Belief Model

3

Description

Perceived benefits

Timepoint

Before and one Month after the Educational Intervention

Method of measurement

Researcher-made questionnaire based on Health Belief Model

4

Description

Perceived barriers

Timepoint

Before and one Month after the Educational Intervention

Method of measurement

Researcher-made questionnaire based on Health Belief Model

5

Description

Self-efficacy

Timepoint

Before and one Month after the Educational Intervention

Method of measurement

Researcher-made questionnaire based on Health Belief Model

Intervention groups

1

Description

Intervention group: Implementing educational sessions (Two one-hour sessions), based on health belief model with lecture, question and answer method, and educational pamphlet for the mothers of the test group

Category

Behavior

2

Description

Control group: No educational sessions (no intervention)

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Cultural center of Ghalam

Full name of responsible person

Mina Jalali

Street address

Senobar2, Valiasr Town, Gilavand

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Dr. Ali Rahmani

Street address

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rahmani4143@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Bagheiat-allah 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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Mina Jalali

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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