

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

the effect of health educational program based on theory of planned behavior on nutritional behavior associated with iron deficiency anemia in second period of girls high school students in Fariman city in 2017

Protocol summary

Study aim

Determine the effect of health educational program based on theory of planned behavior on nutritional behavior associated with iron deficiency anemia in second period of girls high school students in Fariman city in 2017

Design

In the first step, out of all schools, 200 samples of the 10th grade students will be selected based on random stratified sampling proportional to size for pre-test. At next step Two schools will be selected through random sampling (one as intervention and one control). In each school, 35 students are randomly selected from the 10th grade, with satisfaction. Then, according to the strategies obtained in the preliminary descriptive study, for the test group, the curriculum will be presented within one month. In educational sessions, depending on the needs and objectives of the training and the target group that the students are, the methods of clouding thoughts, group discussions, lectures, and questions and answers are used And will be used to enhance the learning of posters, pamphlets, educational slides And the control group does not receive any training. Subsequently, post-test is performed through the questionnaire immediately and three months after the intervention, the information is analyzed

Settings and conduct

7 secondary school in Fariman city has 950 students. Two schools will be selected through random sampling (one as intervention and one control). In each school, 35 students are randomly selected from the 10th grade, with satisfaction.

Participants/Inclusion and exclusion criteria

High school girl students;The willingness to collaborate in the study; High school education

Intervention groups

intervention group: 32 students who receives

educational intervention based on theory of planned behavior. control group: 32 students who do not receive any intervention

Main outcome variables

Nutrition Behavior

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160917029843N9**

Registration date: **2018-10-15, 1397/07/23**

Registration timing: **retrospective**

Last update: **2018-10-15, 1397/07/23**

Update count: **0**

Registration date

2018-10-15, 1397/07/23

Registrant information

Name

Mohammad Vahedian-Shahroodi

Name of organization / entity

Social Determinants of Health Research Center,
Mashhad University of Medical Science

Country

Iran (Islamic Republic of)

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+98 51 3189 2202

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-20, 1396/12/01

Expected recruitment end date

2018-06-20, 1397/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

the effect of health educational program based on theory of planned behavior on nutritional behavior associated with iron deficiency anemia in second period of girls high school students in Fariman city in 2017

Public title

the effect of health educational program based on theory of planned behavior on nutritional behavior associated with iron deficiency anemia in second period of girls high school students

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

The willingness to collaborate in the study High school education

Exclusion criteria:**Age**

From **15 years** old to **17 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Using a random number table

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 Mashhad University of Medical Sciences

Street address

School of Public Health., University 18 Ave

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Province

Razavi Khorasan

Postal code

9138813944

Approval date

2018-04-25, 1397/02/05

Ethics committee reference number

031.IR.MUMS.REC.1397

Health conditions studied**1****Description of health condition studied**

Anemia

ICD-10 code

D50.9

ICD-10 code description

Iron deficiency anemia, unspecified

Primary outcomes**1****Description**

Adoption of Anemia-Related Nutritional Behaviors

Timepoint

Before intervention, immediately after intervention, 3 months after intervention

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

Perceived behavioral control

Timepoint

Before intervention, immediately after intervention, 3 months after intervention

Method of measurement

Questionnaire

2**Description**

Attitude

Timepoint

Before intervention, immediately after intervention, 3 months after intervention

Method of measurement

Questionnaire

3**Description**

Subjective norms

Timepoint

Before intervention, immediately after intervention, 3 months after intervention

Method of measurement

Questionnaire

4**Description**

behavioral intention

Timepoint

Before intervention, immediately after intervention, 3 months after intervention

Method of measurement

Questionnaire

Intervention groups**1****Description**

Intervention group: according to the strategies obtained in the preliminary descriptive study, for the test group, the curriculum will be presented. In educational sessions, depending on the needs and objectives of the training and the target group that the students are, the methods of clouding thoughts, group discussions, lectures, and questions and answers are used And will be used to enhance the learning of posters, pamphlets, educational slides

Category

Behavior

2**Description**

Control group: And the control group does not receive any training

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

High School Girls Fariman

Full name of responsible person

Negar palahang

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

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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

Mashhad 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**

Mashhad University of Medical Sciences

Full name of responsible person

Mohammad Vahedian-Shahroodi

Position

Associate Professor of Health Education and Health Promotion

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Title and more details about the data/document

Potential data can be shared only after identification

When the data will become available and for how long

Get started one month after the results are published.

To whom data/document is available

Researchers working in academia and academic

Under which criteria data/document could be used

The data are sent by official request through academic or organizational emails of the researchers after confirmation and identification of the sender.

From where data/document is obtainable

Dr. Mohammad Vahedian-Shahroodi
vahedianm@mums.ac.ir

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

The data are sent by official request through academic or organizational emails of the researchers after confirmation and identification of the sender.

Comments