

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Effects of peer education on knowledge and practice of ninth - grade girl students about iron deficiency and use of iron supplements

Protocol summary

Summary

This study is to determine the impact of peer education on knowledge and practice of ninth-grade girl students in Tabriz about iron deficiency and use of iron supplements. Cluster sampling method will be. Among schools, 20 schools randomized quota, selection will so that the number of samples in each school district according to population distribution in these regions is almost identical. After obtaining consent for samples, they will be given to ensure that the information obtained will remain confidential and pre-testing of samples will be taken. The schools according to scores of pre-test matched will be placed in two groups and type of education in both groups, it will be a simple randomly determined. In the group Peer education, students will ask to choose 2-3 peer educators. During two workshops for peer educators and the two sessions for direct education of students, booklet by the researcher or staff training, Brochures and pamphlets will be distributed to education. The peer educator trained, to perform the post test subjects learned and distribute pamphlets among his classmates during the hours of employment and will complete its function check list. Check list and iron, for example, after training, will be distributed. Collect the check lists and post-test, two months after the intervention will be.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201110153027N20**

Registration date: **2012-01-26, 1390/11/06**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2012-01-26, 1390/11/06

Registrant information

Name

Fahimeh Sehhatie Shafaie

Name of organization / entity

Tabriz university of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 1479 6770

Email address

sehhatief@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Deputy of Tabriz University of Medical Sciences

Expected recruitment start date

2012-02-04, 1390/11/15

Expected recruitment end date

2012-02-29, 1390/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of peer education on knowledge and practice of ninth - grade girl students about iron deficiency and use of iron supplements

Public title

Effects of peer education on knowledge and practice of ninth - grade girl students about iron deficiency and use of iron supplements

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: having written consent; education in schools of ninth – grade; having at least one menstrual cycle and assist in the school record at least a period of iron
Exclusion criteria: under study by the transition from school to another school for reasons such as change of life etc and unwillingness to participate in the study

Age

From **12 years** old to **16 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **858**

Randomization (investigator's opinion)

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 Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences

City

Tabriz

Postal code

51745-347

Approval date

2012-01-16, 1390/10/26

Ethics committee reference number

9077

Health conditions studied

1

Description of health condition studied

Iron deficiency anemia

ICD-10 code

D50.9

ICD-10 code description

Iron deficiency anaemia, unspecified

Primary outcomes

1

Description

Practice of students in ninth grade iron deficiency and iron supplementation

Timepoint

Two months before and after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Knowledge of students in ninth grade iron deficiency and iron supplementation

Timepoint

Two months before and after intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention Group: Peer education through peer educators for a period of approximately three months.

Category

Prevention

2

Description

Control Group: Direct instruction by the researcher or colleagues for a two-hour session

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Ninth grade public school girls in Tabriz

Full name of responsible person

Roghayeh salmany; senior midwifery student

Street address

Ninth grade public school girls in Tabriz

City

Khalkhal

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputy of Tabriz University of Medical Sciences

Full name of responsible person

Dr Mohammad Reza Rashidi

Street address

Golgasht street

City

Tabriz

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

Yes

Title of funding source

Research Deputy of Tabriz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Person responsible for scientific inquiries****Contact****Name of organization / entity**

School of Nursing and Midwifery, Tabriz

Full name of responsible person

Fahimeh Sehhatie Shafaie

Position

Master of Midwifery

Other areas of specialty/work**Street address**

Shariati Avenue South, School of Nursing and Midwifery

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty