

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Effectiveness of Community- Based Intervention based on Protection Motivation Theory on prevention hookah smoking among youth aged 12-24 years

Protocol summary

Study aim

Determining the effectiveness of Community- Based Intervention based on Protection Motivation Theory on prevention hookah smoking among youth and adolescences aged 12-24 years in Sirjan

Design

1- One group is evaluated in this training pre and post test. 2- random sampling is done by lottery from family health documents. 3. The educational strategy in this study is an educational campaign. 4- 180 people are followed up for three months, from March 2018 to June 2018. 5- After three months, the effect of educational intervention will be examined.

Settings and conduct

Young people aged 12-24 years living in Sirjan, which is located in the southeast of Iran, are participated in this study. This study is a type of educational intervention which is evaluated in pre and post test. Two health centers were randomly selected and then eligible individuals were randomly selected (by lottery method) and have been entered into study. (There is no control group in training campaigns).

Participants/Inclusion and exclusion criteria

Inclusion criteria: No addiction and Resident in Sirjan city within the next 5 months Exclusion criteria: unwilling to participate in the study.

Intervention groups

Adolescences and young people (Ages 12 – 24 years)

Main outcome variables

Increase in knowledge, attitude and practice regarding the prevention of hookah smoking

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20140518017734N3**

Registration date: **2018-04-21, 1397/02/01**

Registration timing: **registered_while_recruiting**

Last update: **2018-04-21, 1397/02/01**

Update count: **0**

Registration date

2018-04-21, 1397/02/01

Registrant information

Name

Reza Sadeghi

Name of organization / entity

Sirjan Health Department , Kerman University of Medical Sciences.

Country

Iran (Islamic Republic of)

Phone

+98 34 5422 4339

Email address

reza.sadeghi351@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-03-10, 1396/12/19

Expected recruitment end date

2018-06-09, 1397/03/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Community- Based Intervention based

on Protection Motivation Theory on prevention hookah smoking among youth aged 12-24 years

Public title

Effectiveness of Community- Based Intervention on prevention hookah smoking among youth

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

No addiction Resident of Sirjan city during the next 5 months

Exclusion criteria:

unwillingness to participate in the study

Age

From **12 years** old to **24 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **180**

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 Yazd University of Medical Sciences

Street address

No 12, Shohadaye Gornam Ave, after Alem Square, Yazd

City

Yazd

Province

Yazd

Postal code

8915173160

Approval date

2017-12-19, 1396/09/28

Ethics committee reference number

IR.SSU.SDH.REC.1396.134

Health conditions studied

1

Description of health condition studied

Smoking (hookah smoking)

ICD-10 code

X09

ICD-10 code description

smoke inhalation NOS

Primary outcomes

1

Description

Intention of hook smoking

Timepoint

Before the intervention, and 3 months after intervention

Method of measurement

Standardized questionnaire

Secondary outcomes

1

Description

The rate of hookah consumption in parks

Timepoint

Before the intervention, and 1year after intervention

Method of measurement

check list

Intervention groups

1

Description

Intervention group: Educational campaign to prevent hookah smoking

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Sirjan Health Center

Full name of responsible person

Reza Sadeghi

Street address

No 21, 4th St (Alley), Takhti St, Sirjan

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Sirjan

Province

Kerman

Postal code

76169-13555

Phone

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Dr. Amin Salehi

Street address

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amin_nutrition@yahoo.com

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

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

Yazd University of Medical Sciences

Full name of responsible person

Reza Sadeghi

Position

Ph.D. Candidate of health education and health
promotion

Latest degree

Master

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Seyed Saeed Mazloomi Mahmood Abad

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Ph.D Candidate in Health Education and Health
Promotion

Latest degree

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Other areas of specialty/work

Health Promotion

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The data will be collected in the form of a questionnaire

When the data will become available and for how long

After the intervention

To whom data/document is available

Just execute the plan

Under which criteria data/document could be used

In order to use the results and to generalize it to other communities

From where data/document is obtainable

Research Deputy of Sirjan School of Medical Sciences

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

First select people and then complete the questionnaire

Comments