

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of educational short message based on health belief model on osteoporosis preventive behaviors in reproductive age women: a single blind randomized controlled clinical trial

Protocol summary

Summary

The aim of this randomized controlled trial is to determine the effect of educational short message based on health belief model on osteoporosis preventive behaviors in reproductive age women. This study will be carried out on 126 women in reproductive ages who refer to Shabestar city health centers 1 and 2. After obtaining written informed consent, the researcher will request all the participating women to complete a questionnaire containing demographic information, Health Belief Model about osteoporosis (OHBS) questionnaire, a Food Frequency Questionnaire (FFQ) and the International Physical Activity Questionnaire (IPAQ). Then, using a computer software and the blocking system of four and six, the participants were randomly allocated into an intervention group and a control group. The intervention group will receive education about osteoporosis and the control group will receive education about common cancers in women via SMS. After holding a training session for intervention group with slides, text messages, maximum of 4 message per day for intervention group and 2 message per day for control group, will be sent for a month. After two months, the questionnaires will be again completed by the participants. In the end, changes in the mean scores of nutrition performance, physical activity and health belief model structures will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201605313027N37**
Registration date: **2016-07-22, 1395/05/01**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-07-22, 1395/05/01

Registrant information

Name

Fahimeh Sehhatie Shafaie

Name of organization / entity

Tabriz university of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Research Deputy, Nursing and Midwifery Faculty, Tabriz University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2016-10-22, 1395/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational short message based on health belief model on osteoporosis preventive behaviors in reproductive age women: a single blind randomized controlled clinical trial

Public title

The effect of educational short message based on health belief model on osteoporosis preventive behaviors in reproductive age women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: women of 30- 45 years old who have health records in Shabestar city health centers; having a mobile phone; enabled SMS receiving system; the absence of disease or infirmity which prevents the study; at least having guidance school degree; willing to participate in the study. Exclusion criteria: pregnant women and lactating women because of their particular lifestyle that requires larger amounts of calcium than normal people. Simultaneous participation in educational courses related to the research; early menopause under 40 years old; having osteoporosis diagnosed by a physician; having physical activity-limiting diseases such as heart disease, arthritis, diabetes, etc, with medical diagnosis; having diseases that impair absorption and reabsorption of calcium, such as parathyroid disease, calcium supplementation and consumption of other effective drugs on osteoporosis such as steroids, licorice and etc.

Age

From **30 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **126**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Vice chancellor for research, Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences, Golgasht streetncellor

City

Tabriz

Postal code**Approval date**

2016-07-04, 1395/04/14

Ethics committee reference number

IR.TBZMED.REC.1395.291

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

Diseases of the musculoskeletal system and connective tissue

ICD-10 code

M80

ICD-10 code description

Disorders of bone density and structure

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

Physical Activity Performance

Timepoint

Before and two months after intervention

Method of measurement

International Physical Activity Questionnaire (IPAQ)

2**Description**

Nutrition Performance

Timepoint

Before and two months after intervention

Method of measurement

Food Frequency Questionnaire (FFQ)

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

Knowledge and health belief model structures About Osteoporosis

Timepoint

Before and two months after intervention

Method of measurement

Osteoporosis Health Belief Scale

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

The control group will receive education about common cancers in women via SMS. In this way that maximum of 2 message per day for control group, will be sent for a month.

Category

Prevention

2

Description

The intervention group will receive education about osteoporosis via SMS. In this way that after holding a training session for intervention group with slides, text messages, maximum of 4 message per day will be sent for a month.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Shabestar`s health Centers 1 and 2

Full name of responsible person

Fahimeh Sehhatie Shafaie

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Tabriz, Sharieati street, Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences

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Shabestar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputy of Nursing and Midwifery Faculty of Tabriz University of Medical Sciences

Full name of responsible person

Hossein Namdar

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Faculty of Nursing and Midwifery, South Shariati

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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 Nursing and Midwifery Faculty 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

Name of organization / entity

Faculty of Nursing and Midwifery of Tabriz

Full name of responsible person

Leila Parandeh

Position

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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