

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

The effect of Self-care education in the field of Healthy Nutrition, Physical Activity and High Risk Behavior on the level of knowledge and attitude of adolescent girls in Third Grade of First high school in Isfahan 1396

Protocol summary

Study aim

Determining the effect of self-care education in the field of healthy nutrition, physical activity and high risk behavior on the level of knowledge and attitude of adolescent girls in third Grade of first high school in Isfahan 1396

Design

An interventional study with a control group, randomized cluster sampling and a sample size of 200 people

Settings and conduct

We randomly selected two districts 1 and 4 from Isfahan's six districts and randomly selected district 4 as the intervention group and district 1 as the control group. Then, from among 16 schools in district 1, the Asieh school was randomly selected and shafieiyouon school from among the 31 schools in the district 4. First The intervention group completed the pre-test and then They participate four sessions on healthy eating, physical activity, smoking, and AIDS, and one month after the last session they complete post-test. control group does not receive training and only complete the pre-test and post-test. By comparing the scores before and after the intervention and comparing the two groups, using the statistical methods, the effectiveness of the training is measured.

Participants/Inclusion and exclusion criteria

Students will be willing to collaborate and sign written informed consent form. Students will be the third grade of first high school student. Between the ages of 14 to16.

Intervention groups

The intervention group, after completing the pre-test, participates in four educational sessions and completes the post-test one month later. And the control group does not receive training and only complete the pre-test and post-test.

Main outcome variables

Healthy Nutrition Knowledge Score: Healthy Nutritional

Attitude Score; Physical Activity Knowledge Score;
Physical Activity Attitude Score: Prevention of Smoking
Knowledge Score: Prevention of Smoking Attitude Score:
Knowledge Score for AIDS: Attitude Score of AIDS

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180411039270N1**

Registration date: **2018-04-27, 1397/02/07**

Registration timing: **prospective**

Last update: **2018-04-27, 1397/02/07**

Update count: **0**

Registration date

2018-04-27, 1397/02/07

Registrant information

Name

Azar Nematolahi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3633 3128

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stud1290719829@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-30, 1397/02/10

Expected recruitment end date

2018-06-05, 1397/03/15

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of Self-care education in the field of Healthy Nutrition, Physical Activity and High Risk Behavior on the level of knowledge and attitude of adolescent girls in Third Grade of First high school in Isfahan 1396

Public title
The effect of Self-care education in the field of Healthy Nutrition, Physical Activity and High Risk Behavior on the level of knowledge and attitude of adolescent girls

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Students will be willing to collaborate and sign a written informed consent form students to be girls in Third Grade of First high school Between the ages of 14 to 16 years
Exclusion criteria:
Students who are other than grade nine Students from other schools other than the two selected schools

Age
From **14 years** old to **16 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **200**

Randomization (investigator's opinion)
Randomized

Randomization description
Using multistage cluster randomization method, we selected by drawing, two districts from six education districts(1 , 4) in Isfahan and then selected by drawing, district 1 as the control group and district 4 as the intervention group .then selected by drawing, one school from each district.

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 Shiraz University of Medical Sciences
Street address
No 60 ,Zand street, Shiraz University of Medical Sciences,Shiraz, Iran
City
Shiraz
Province
Fars
Postal code
14336 - 71348
Approval date
2018-02-25, 1396/12/06
Ethics committee reference number
IR.SUMS.REC.1396.179

Health conditions studied

1

Description of health condition studied
Self-care education for adolescent
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Healthy Nutrition Knowledge Score
Timepoint
Before intervention thirty days after intervention
Method of measurement
Questionnaire

2

Description
Healthy Nutritional Attitude Score
Timepoint
Before intervention thirty days after intervention
Method of measurement
Questionnaire

3

Description
Physical Activity Knowledge Score
Timepoint
Before intervention thirty days after intervention
Method of measurement
Questionnaire

4

Description
- Physical Activity Attitude score
Timepoint

Before intervention thirty days after intervention
Method of measurement
Questionnaire

5

Description

Prevention of smoking Knowledge Score

Timepoint

Before intervention thirty days after intervention

Method of measurement

Questionnaire

6

Description

Prevention of smoking Attitude score

Timepoint

Before intervention thirty days after intervention

Method of measurement

Questionnaire

7

Description

Knowledge score about AIDS

Timepoint

Before intervention thirty days after intervention

Method of measurement

Questionnaire

8

Description

Attitude Score for AIDS

Timepoint

Before intervention thirty days after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:after completing the pre-test, participates in four 45-minute training sessions, entitled Healthy Nutrition, Physical Activity, Smoking Prevention, AIDS Prevention, and Each person receives, in addition to direct training, an educational brochure related to the topic, and completes the post-test one month later

Category

Lifestyle

2

Description

Control group: Complete pre-test and then one month later post-test

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Asie High School

Full name of responsible person

Nematolahi AZAR

Street address

jahad streat, esfahan, iran

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Province

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2

Recruitment center

Name of recruitment center

Shafieiyooun high school

Full name of responsible person

Nematolahi Azar

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Web page address

<http://shafieiyooun.blogfa.com/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr Basir Hashemi

Street address

آدرس خیابان No 60 ,Zand Street, Shiraz University of Medical Sciences,Shiraz,Iran

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Fax
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Email
 hashemib@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
 Yes
Title of funding source
 Shiraz 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
 Shiraz University of Medical Sciences
Full name of responsible person
 Nematollahi Azar
Position
 Master's degree in Midwifery, Faculty member
Latest degree
 Master
Other areas of specialty/work
 Midwifery
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Person responsible for scientific inquiries

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Latest degree
 Master
Other areas of specialty/work
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Person responsible for updating data

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Position
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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

Not applicable

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