

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effect of educational intervention based on family centered empowerment on mental health and health promotion behaviors in elderly women.

Protocol summary

Study aim

Determination and comparison of the effect of family-based empowerment educational intervention on mental health and health promotion behaviors of elderly women in intervention and control group

Design

In this study, 60 eligible elderly women over 60 years of age, who are referred to the elderly health centers of Tabriz, will be randomly divided into intervention and control groups.

Settings and conduct

This study will be conducted in the elderly friendly health centers of Tabriz. sixty eligible people will be selected in a stratified method from 5 centers and will be assigned into two groups of 30 people through blocks 4 and 6 with a 1:1 allocation ratio.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: willingness to participate in the study; Have reading and writing skills; Age 60 and older; Having an active family member to attend training sessions; Female gender for family member; Ability to do routines without the help of others; Not having severe visual and hearing impairment; Not having cognitive and mental illness based on the records of individuals in the SIB system. Exclusion Criteria: Participate in other similar studies; neurological defects (stroke, Parkinson's disease, and paralysis) and known psychological diseases based on patient's remarks and health records; Acute cardiovascular disorders (acute myocardial infarction, heart failure and uncontrolled hypertension) based on patient's statement and health records; Chronic uncontrolled illnesses based on patient records (such as advanced diabetes and malignancies); Restrictive musculoskeletal disorders

Intervention groups

For intervention group, health promotion behaviors based on family-centered model will be taught in 5

sessions of 60 minutes for 5 weeks. The control group will not receive intervention initially

Main outcome variables

Mental health score , Health Promoting Behaviors score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20161126031087N2**

Registration date: **2018-08-03, 1397/05/12**

Registration timing: **registered_while_recruiting**

Last update: **2018-08-03, 1397/05/12**

Update count: **0**

Registration date

2018-08-03, 1397/05/12

Registrant information

Name

Shirin Barzanjeh Atri

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 3479 6770

Email address

barzanjehs@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-22, 1397/04/01

Expected recruitment end date

2019-01-21, 1397/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on family centered empowerment on mental health and health promotion behaviors in elderly women.

Public title

The Impact of Family-Based Education on Mental Health and Health promotion Behaviors of Elderly Women

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

The desire to participate in the study Have reading and writing skills Age 60 and older Having an active member of the family to attend training sessions Female gender for family member Ability to do routines without the help of others Not having severe visual impairment and hearing loss Not having cognitive and mental illness based on the records of individuals in the SIB system

Exclusion criteria:

Participate in other similar studies Having neurological defects (stroke, Parkinson's disease, and psoriasis) and known psychological diseases based on patient's remarks and health records. Having acute cardiovascular events (acute myocardial infarction, heart failure and uncontrolled hypertension) based on patient's statement and health records Having chronic uncontrolled illnesses based on patient records (such as advanced diabetes and malignancies) Containment of musculoskeletal disorders

AgeFrom **60 years** old**Gender**

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **60****Randomization (investigator's opinion)**

Randomized

Randomization description

A sample of 60 elderly women aged 60 years and over who are eligible for study criteria will be selected by stratified sampling and randomly will be divided into two groups of intervention and control (from each center 12 persons will be selected, 6 women in the intervention group and 6 women in the control group). Allocation Sequence will be generated using Random Allocation Software (RAS) through block sizes 4 and 6 with an allocation ratio of 1:1. Closed identical envelopes numbered consecutively will be used to conceal allocations, so no participant, researcher, or statistical analyst will be aware of the type of intervention before

assignment to the groups. The allocation sequence will be based on random blocking by the person non-involved in the research. The first person enrolled in the study will receive envelope No. 1, the second one will receive envelope number 2, and this process will continue until the end of sampling.

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

Central Building No.2, Golgasht Steet, University Street

City

Tabriz

Province

East Azarbaijan

Postal code

5166614766

Approval date

2018-05-15, 1397/02/25

Ethics committee reference number

IR.TBZMED.REC.1397.112

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

Elderly Lifestyle

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Mental health score in GHQ questionnaire

Timepoint

Before the intervention, 4 and 8 weeks after the intervention

Method of measurement

Mental Health questionnaire (GHQ)

2

Description

Health Promoting Behaviors

Timepoint

Before the intervention, 4 and 8 weeks after the intervention

Method of measurement

Health Promoting Behavior Assessment Questionnaire

Secondary outcomes

1

Description

weight

Timepoint

Before the intervention, 4 and 8 weeks after the intervention

Method of measurement

weight will be assessed using a lever scale with a precision of 100 gr (Seca, Germany)

2

Description

Body mass index(BMI)

Timepoint

Before the intervention, 4 and 8 weeks after the intervention

Method of measurement

using a formula

3

Description

waist

Timepoint

Before the intervention, 4 and 8 weeks after the intervention

Method of measurement

with a tape measure accurate to 1 mm (Laica, Italy)

4

Description

hip circumference

Timepoint

Before the intervention, 4 and 8 weeks after the intervention

Method of measurement

with a tape measure accurate to 1 mm (Laica, Italy)

5

Description

waist to hip circumference

Timepoint

Before the intervention, 4 and 8 weeks after the intervention

Method of measurement

using a formula.

Intervention groups

1

Description

In the intervention group, health promotion behaviors based on the family-centered empowerment model in 5 sessions of 60 minutes for 5 weeks will be taught using lecture and teaching including a researcher-developed educational booklet.

Category

Lifestyle

2

Description

Control group: The control group will not initially receive intervention but after completing the training program, follow-up and completion of the questionnaires, the training will be provided in the form of a meeting with the booklet.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Monempour Health Center

Full name of responsible person

Dr, Ali Agahi

Street address

Zaferanie market, Zaferanieh.

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Tabriz

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Postal code

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Phone

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2

Recruitment center

Name of recruitment center

Shaheed Babayi Health Center

Full name of responsible person

Dr. Yusef Paknezhad

Street address

Babaei Street 5, shahid Abbas Duran Street,

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3

Recruitment center

Name of recruitment center

Shahid Bakery Health Center

Full name of responsible person

Dr. Parvin Delpasand

Street address

Opposite Imami Garden, between Qatran and Lalezar square, Pasteur Street

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4

Recruitment center

Name of recruitment center

Malek Afzali Health Center

Full name of responsible person

Dr. Kazem Golchin

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Opposite of Barenj cemetery, Bareng

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5

Recruitment center

Name of recruitment center

Dr Mobayen Health Center

Full name of responsible person

Dr. Ramin Mesri

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Between intersection of Shariati and Taleghani, New Pasteur Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

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Research Vice Chancellor, third floor, central building number 2, Tabriz University of Medical Sciences, Golgasht street, Azadi Avenue

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ajouyban@hotmail.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Mohammadi Someae Nasrin

Position

MSc Student Community Health Nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Web page address
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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Shirin Barzanjeh Atri
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Instructor, MSc
Latest degree
Master
Other areas of specialty/work
Health Promotion
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Person responsible for updating data

Contact

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Email
barzanjehs@tbzmed.ac.ir
Web page address
<https://nursing.tbzmed.ac.ir/>

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

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

All data sets are to be shared after unidentifiable individuals.

When the data will become available and for how long

Data will become available 6 months after publication.

To whom data/document is available

Data is available for people who working in academic institutions.

Under which criteria data/document could be used

Obligation to observe ethics.

From where data/document is obtainable

barzanjehs@tbzmed.ac.ir

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

A request to access data/document will be respond during one week.

Comments