

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

24 Jun 2026

### Investigating the Effect of Education Based on the Pattern of perception/ tendencies on the Use of Energic Supplements in Sabzevar bodybuilders

#### Protocol summary

##### Study aim

The purpose of this quasi-experimental study is to determine the effect of educational program using pattern of perception / tendencies on the use of energic supplements for bodybuilders athletes of Sabzevar

##### Design

A clinical trial/internship with intervention and control group is randomized and designed with parallel groups of 120 participants who follow in two months.

##### Settings and conduct

This research is done at Sabzevar Bodybuilding Clubs (Tohid Shahr Sports Club as an intervention group and Omran fitness club as a control group). With the coordination of the clubs responsible, questionnaires in two months pre-test and post-test is completed and training sessions is hold posttest.

##### Participants/Inclusion and exclusion criteria

Criteria for entering the study include: (a) bodybuilding athletes; (b) willingness to participate; (c) high school graduation and higher education to complete the questionnaire accurately; and for homogeneous educational goal; (d) be below 45 years old; (e) Having at least 6 months of participation in the club Exit criteria (conditions)include: (a) the reluctance of the athlete to continue to participate in the research

##### Intervention groups

In this study, the intervention group is trained not to use the energetic supplements according to the pattern of perceptions / tendencies. The control group receives the usual training.

##### Main outcome variables

Attitude; social norms; behavioral intention

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180616040110N1**

Registration date: **2018-12-18, 1397/09/27**

Registration timing: **retrospective**

Last update: **2018-12-18, 1397/09/27**

Update count: **0**

##### Registration date

2018-12-18, 1397/09/27

##### Registrant information

###### Name

hossein soltani

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 51 4401 1000

###### Email address

soltanih94@medsab.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-08-06, 1397/05/15

##### Expected recruitment end date

2018-09-06, 1397/06/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Investigating the Effect of Education Based on the Pattern of perception/ tendencies on the Use of Energic Supplements in Sabzevar bodybuilders

##### Public title

Investigating the Effect of Education Based on the

Pattern of perception/ tendencies on the Use of Energetic Supplements in Sabzevar bodybuilders

### **Purpose**

Prevention

### **Inclusion/Exclusion criteria**

#### **Inclusion criteria:**

Exercise Man Exercise Bodybuilding

#### **Exclusion criteria:**

Unwillingness of the athlete to continue participating in the research

### **Age**

From **15 years** old to **45 years** old

### **Gender**

Male

### **Phase**

N/A

### **Groups that have been masked**

*No information*

### **Sample size**

Target sample size: **120**

### **Randomization (investigator's opinion)**

Randomized

### **Randomization description**

The sampling is done in a categorical manner, and the two selected clubs are randomly assigned to two groups of one control group, and one the intervention group, and each club receives intervention from the same group.

### **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 Sabzevar University of Medical Sciences

##### **Street address**

Department of Health Education, School of public health, Campus of the Sabzevar University of Medical Sciences, Nuclear Martyrs Blvd, Above the Memorial of Anonymous Martyrs

##### **City**

Sabzevar

##### **Province**

Razavi Khorasan

##### **Postal code**

9617913114- 96179131

#### **Approval date**

2018-05-14, 1397/02/24

### **Ethics committee reference number**

IR.MEDSAB.REC.1397.006

## **Health conditions studied**

### 1

#### **Description of health condition studied**

Enhanced performance supplementation

#### **ICD-10 code**

#### **ICD-10 code description**

## **Primary outcomes**

### 1

#### **Description**

Preparing to teach not use of energetic supplements

#### **Timepoint**

At the beginning of the study (Before the intervention) and after the intervention and two months after the intervention.

#### **Method of measurement**

Questionnaire on the effect of education based on the pattern of perceptions / tendencies on the use of energetic supplements.

## **Secondary outcomes**

### 1

#### **Description**

Attitude

#### **Timepoint**

Measuring the pre-intervention readiness and two months after intervention

#### **Method of measurement**

Training Effectiveness Questionnaire based on the pattern of perceptions/tendencies on the use of energetic supplements

### 2

#### **Description**

Abstract norms

#### **Timepoint**

Measuring pre-intervention readiness and two months after intervention

#### **Method of measurement**

Training Effectiveness Questionnaire based on the pattern of perceptions/tendencies on the use of energetic supplements

### 3

#### **Description**

Behavioral intentions

#### **Timepoint**

Measuring pre-intervention readiness and two months after intervention

#### **Method of measurement**

Training Effectiveness Questionnaire based on the

pattern of perceptions/tendencies on the use of energetic supplements

#### 4

##### **Description**

perceptions

##### **Timepoint**

Measuring pre-intervention readiness and two months after intervention

##### **Method of measurement**

Training Effectiveness Questionnaire based on the pattern of perceptions/tendencies on the use of energetic supplements

#### 5

##### **Description**

Tendencies

##### **Timepoint**

Measuring pre-intervention readiness and two months after intervention

##### **Method of measurement**

Training Effectiveness Questionnaire based on the pattern of perceptions/tendencies on the use of energetic supplements

## **Intervention groups**

#### 1

##### **Description**

Intervention group: After pre-test in both groups, the athletes participating in the intervention group are invited and divided into three groups of 20 people to participate in four two-hour training sessions (Within three weeks). The educational curriculum is based on a pattern of group-based perception /tendencies and, group discussions and educational videos. Two months after the end of the program, the post-test is taken and the results are compared.

##### **Category**

Prevention

#### 2

##### **Description**

Control group, routine training is done without applying the model. Two months after the end of the program, the post-test is taken and the results are compared.

##### **Category**

Prevention

## **Recruitment centers**

#### 1

##### **Recruitment center**

**Name of recruitment center**

Sabzevar Bodybuilding Clubs

**Full name of responsible person**

Hossein Soltani

##### **Street address**

Department of Health Education, School of public health, Campus of the Sabzevar University of Medical Sciences, Nuclear Martyrs Blvd, Above the Memorial of Anonymous Martyrs

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##### **Email**

SoltaniH94@medsab.ac.ir

##### **Web page address**

## **Sponsors / Funding sources**

#### 1

##### **Sponsor**

##### **Name of organization / entity**

Sabzevar University of Medical Sciences

##### **Full name of responsible person**

Dr Fereshteh Ghorat

##### **Street address**

Vice chancellor for Research the Technology, Campus of the Sabzevar University of Medical Sciences, Nuclear Martyrs Blvd, Above the Memorial of Anonymous Martyrs

##### **City**

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##### **Province**

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##### **Phone**

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##### **Email**

Drghorat@gmail.com

##### **Grant name**

##### **Grant code / Reference number**

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

Yes

##### **Title of funding source**

Sabzevar 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**

Sabzevar University of Medical Sciences

**Full name of responsible person**

Hossein Soltani

**Position**

MSc student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Health Promotion

**Street address**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

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**Full name of responsible person**

Dr Masoumeh Hashemian

**Position**

Consultant

**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**

Sabzevar University of Medical Sciences

**Full name of responsible person**

Hossein Soltani

**Position**

MSc student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Health Promotion

**Street address**

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**Email**

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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**

Undecided - It is not yet known if there will be a plan to make this available

**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