

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 Energetic 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 energetic 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 Energetic 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

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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

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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

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Person responsible for scientific inquiries

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Consultant

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Ph.D.

Other areas of specialty/work

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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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