Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Determining the Effect of Intervention on Health Education Based on the Planned Behavior Theory for Promoting Physical Activity in Women Health Volunteers of Health Centers in Shushtar

Protocol summary

Study aim

The aim of this study was to evaluate the effect of an educational program based on the theory of planned behavior in physical activity in health volunteers of Shushtar city.

Design

A concealed, randomized, controlled clinical trial with a parallel group design of 110 female health volunteers (55 volunteers in the intervention group; 72 volunteers in the control group), enrolling from December 4 to 25, 2015, they entered the study, and following for 3 months after the end of the intervention.

Settings and conduct

Educational intervention was conducted through group education on female health volunteers in Shushtar. Also, they took a walking program for 3 months.

Participants/Inclusion and exclusion criteria

The inclusion criteria were: Holding health volunteer cards; At least one-year experience of cooperation with healthcare centers; No problems in terms of participation in educational classes; Consent to participate in the research study; Ability to read and write; Lack of any apparent mental and physical diseases influencing physical activity. The exclusion criteria comprised of unwillingness to continue cooperation, emergence of physical problems preventing physical activity, and migration to other cities.

Intervention groups

The intervention group received educational interventions related to physical activity in 3 sessions and a three-month walk program.

Main outcome variables

The mean score of physical activity, and the physiological cost index.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120910010804N12**
Registration date: **2018-07-01, 1397/04/10**
Registration timing: **retrospective**

Last update: **2018-07-01, 1397/04/10**
Update count: **0**

Registration date

2018-07-01, 1397/04/10

Registrant information

Name

Marzieh Araban

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

Phone

تهران

Email address

m.araban@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-07-31, 1395/05/10

Expected recruitment end date

2016-08-26, 1395/06/05

Actual recruitment start date

2016-07-31, 1395/05/10

Actual recruitment end date

2016-09-03, 1395/06/13

Trial completion date

empty

Scientific title
Determining the Effect of Intervention on Health Education Based on the Planned Behavior Theory for Promoting Physical Activity in Women Health Volunteers of Health Centers in Shushtar

Public title
The effect of educational intervention on the promotion of physical activity
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Holding health volunteer cards; At least one-year experience of cooperation with healthcare centers; No problems in terms of participation in educational classes; Consent to participate in the research study; Ability to read and write; Lack of any apparent mental and physical diseases influencing physical activity.
Exclusion criteria:
Unwillingness to continue cooperation; Emergence of physical problems preventing physical activity; Migration to other cities.
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **110**
Actual sample size reached: **110**
Randomization (investigator's opinion)
Randomized
Randomization description
At first, a list of health volunteers was prepared and then they were divided into two intervention and control groups (each group of 55) using the the random numbers table and by lottery method
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
Ahvaz Jundishapur University of Medical Sciences
Street address
Golestan Road
City
Ahvaz
Province
Khouzestan
Postal code
61357-15794
Approval date
2016-07-23, 1395/05/02
Ethics committee reference number
IR.AJUMS.REC.1395.274

Health conditions studied

1

Description of health condition studied
physical activity
ICD-10 code
Y93.01
ICD-10 code description
Activity, walking, marching and hiking

Primary outcomes

1

Description
Attitude toward physical activity
Timepoint
Before the intervention and 6 months after educational intervention
Method of measurement
Planned Behavior Theory constructs questionnaire

2

Description
Subjective norms about physical activity
Timepoint
Before the intervention and 6 months after educational intervention
Method of measurement
Planned Behavior Theory constructs questionnaire

3

Description
Perceived behavioral control about physical activity
Timepoint
Before the intervention and 6 months after educational intervention
Method of measurement
Planned Behavior Theory constructs questionnaire

4

Description
Behavioral intention to physical activity
Timepoint

Before the intervention and 6 months after educational intervention

Method of measurement

Physical Activity Readiness Questionnaire

Secondary outcomes

1

Description

Mean score of physical activity

Timepoint

Before the intervention and 6 months after educational intervention

Method of measurement

International Physical Activity Questionnaire

2

Description

Physiological cost index

Timepoint

Before the intervention and 6 months after educational intervention

Method of measurement

By Polar Heart Rate Monitor

Intervention groups

1

Description

Intervention group: educational interventions related to physical activity of 3 sessions and walking for three months

Category

Behavior

2

Description

Control group:no educational intervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Shushtar Health Centers

Full name of responsible person

Marzieh Araban

Street address

Taleghani Street, Shoushtar Health Center

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Behzad Sharif Makhmalzadeh

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Social Determinants of Health Research Center, Jondishapour University of Medical Sciences, Golestan Road, Ahvaz, Khuzestan, Iran

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Marzieh Araban

Position

Faculty Members

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

Contact
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Full name of responsible person
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is 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
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Data on primary and secondary outcome will be shared in the form of a spss file
When the data will become available and for how long
The access period will be September of 2018.
To whom data/document is available
Researchers of academic institutions
Under which criteria data/document could be used
The researcher will give the data to other researchers for scientific use only.
From where data/document is obtainable
Send an e-mail to arabanm@ajums.ac.ir
What processes are involved for a request to access data/document
People who want the data, send your request by e-mail to the above address. The researcher, after consulting the research team, sends the data to them, if they agree.
Comments