Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect of Empowerment Program on Health Promoting Behaviors in Women Workers

Protocol summary

Study aim
Determining the effect of empowerment program on health promotion behaviors in women workers

Design
Clinical trial with intervention and control group and cluster random sampling of samples, Single blind, sample size 80

Settings and conduct
The research environment is the citrus collection and packaging workshops in Sari, and the research community of all women workers working in these workshops will be divided into two groups according to cluster randomized assignment (single blind study).At first, the pre-test is done using the research tool in both groups. The research tool is a demographic characteristics questionnaire and health promoting behaviors questionnaire. After the pre-test, intervention is conducted for the test group, which training on health promotion behaviors. Educational content after confirmation by professors will be taught in six sessions. Finally, the post-test will be done 8 weeks later

Participants/Inclusion and exclusion criteria
Full-time female and Iranian worker working at agricultural workshop for collection and packaging Lack chronic diseases and psychological disorders Have at least reading and writing skills Lack Pregnant and Lactating Absence in other educational programs Participation in training sessions

Intervention groups
Implementation of empowerment program in women workers, that is training of health promoting behaviors based on empowerment model that will be done in the intervention group and its results will be compared with the control group.

Main outcome variables
Promoting lifestyle of female workers; Timely diagnosis and complete treatment of many diseases due to increasing women's awareness of health threats; Promoting family health by focusing on the role of women in the family; Helping women's health planners using From the results of the study to implement specific health-oriented programs for women

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180628040269N1**
Registration date: **2018-07-28, 1397/05/06**
Registration timing: **registered_while_recruiting**

Last update: **2018-07-28, 1397/05/06**
Update count: **0**

Registration date
2018-07-28, 1397/05/06

Registrant information

Name
Fatemeh Nouri Akandi

Name of organization / entity

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Iran (Islamic Republic of)

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+98 11 3368 5054

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-07-26, 1397/05/04

Expected recruitment end date
2018-08-15, 1397/05/24

Actual recruitment start date
empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Empowerment Program on Health Promoting Behaviors in Women Workers

Public title

Impact of empowerment on health promotion behaviors

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Full-time female and Iranian female worker at the workshop Not being diagnosed with chronic diseases and psychological disorders At least the reading and writing skills Not pregnant or breastfeeding

Exclusion criteria:

Attend other educational programs Unable to attend training sessions Chronic Diseases and Psychological Disorders Not reading and writing literacy Pregnant or lactating

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

According to the list of existing workshops, for random allocation of samples, randomized clustering of all workshops was coded and divided in two groups of tests and control and Sampling of these workshops will be done according to the conditions of entry into the study. Thus, the selected workers from the control group workshops will be placed in the control group and the selected workers from the test group workshops will be placed in the test group.

Blinding (investigator's opinion)

Single blinded

Blinding description

In order to implement single blinding, workshops are divided into control and test groups based on cluster randomized assignment and selected samples from control workshops in the control group and test workshops in the test group. Accordingly, the participants in the two groups are not related to one another and this study is single blind

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tehran University of Medical Sciences

Street address

Central Office of Tehran University of Medical Sciences, Corner of Ghods Street, Keshavarz Blvd

City

Tehran

Province

Tehran

Postal code

1417653761

Approval date

2018-01-31, 1396/11/11

Ethics committee reference number

IR.TUMS.FNM.REC.1396.4396

Health conditions studied

1

Description of health condition studied

Lifestyle and Health Promoting Behaviors

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The overall life style score in the HPLP-2 questionnaire in women workers

Timepoint

Before intervention and 2 months after intervention

Method of measurement

Through health promotion behaviors questionnaire 2

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention group will be empowered based on the four steps of Empowerment Model (perceived threat, self-efficacy, educational participation and evaluation). The empowerment program is organized in 6 sessions in the classroom by lecture, question and answer, and group discussion on

the dimensions of health promotion behaviors for women workers in order to measure the impact of this program on the health promotion behaviors in women workers. The Educational booklet that include all the items taught will be given to this group at the end of this study.

Category

Lifestyle

2

Description

Control group: No training interventions will be conducted for the control group during the duration of the research; however, after the end of the study, the Educational booklet will be provided to the control group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Sari Health Center and Treatment

Full name of responsible person

Fatemeh Noori

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Sari Health Center, Rudaki Street, Amir Mazandaran Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

MohammadAli Sahraiean

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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

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Fatemeh Noori

Position

Nursing Postgraduate Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person
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Position
Faculty Member of the University
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is 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
Yes - There is 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
Title and more details about the data/document
After the end of the project, the result of this study and the outcome of the study and statistical analysis of data will be publicly available.
When the data will become available and for how long
6 months after printing results
To whom data/document is available
Researchers working in academic, scientific and industrial institutes
Under which criteria data/document could be used
Use the results of this research
From where data/document is obtainable
Email Fatemeh Nouri ftm07noori@gmail.com
What processes are involved for a request to access data/document
1 month after request
Comments
does not have