Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of educational program on health promotion behaviors on elderly life style

Protocol summary

Study aim
Determining the Effect of Health Promotion Plans on Elderly Life Style
Design
A quasi-experimental interventional study with a control group, one blind, randomized, strain
Settings and conduct
Place of study: Marvdasht Health Center The samples in the intervention and control group were unaware of which group were placed
Participants/Inclusion and exclusion criteria
Conditions of arrival: Being aged 60 or older No mental and psychological problems, and awareness of time and place through the examination of the case The ability to communicate verbally and not to have speech and hearing disorders Conditions of non-arrival: Acute physical illness Psychological problem
Intervention groups
In the intervention group, in addition to the routine training of the health center, the health promoting behaviors training program will be implemented for 7 sessions. The control group will receive only routine health center training
Main outcome variables
Senior Life Style Score

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20180718040518N1**
Registration date: **2018-11-09, 1397/08/18**
Registration timing: **registered_while_recruiting**

Last update: **2018-11-09, 1397/08/18**
Update count: **0**
Registration date
2018-11-09, 1397/08/18

Registrant information
Name
Hajar Tahmasebi
Name of organization / entity
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-11-06, 1397/08/15
Expected recruitment end date
2018-12-21, 1397/09/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of educational program on health promotion behaviors on elderly life style

Public title
The effect of educational program on elderly lifestyle
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Being aged 60 or older No mental and psychological problems, and awareness of time and place through the examination of the case The ability to communicate verbally and not to have speech and hearing disorders

Exclusion criteria:
Acute physical illness Mental and psychological problems

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **170**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples were selected according to the criteria for inclusion in the study and then allocated by random allocation method to two groups of intervention and control. First, the total sample size (170) was determined and then the code of each questionnaire was determined on A card was written. Of these 170 cards, each time the card was blended, a card was extracted, up to 85 cards were identified. Then, 85 cards were selected as the intervention group and the remaining cards were selected as the control group.

Blinding (investigator's opinion)
Single blinded

Blinding description
The samples in the intervention and control group were unaware of which group were placed

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
The Ethics Committee of Faculty of Welfare and Rehabilitation Sciences

Street address
Childhood Death, Student Blvd, Evin,Tehran

City
Tehran

Province
Tehran

Postal code
کد پستی: ۱۹۸۵۷۱۳۸۷۱

Approval date
2018-03-01, 1396/12/10

Ethics committee reference number
IR.USWR.REC.1396.177

Health conditions studied

1

Description of health condition studied
The effect of educational program on health promotion behaviors on elderly life style

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Elderly Life Style Score

Timepoint
Determine the elderly lifestyle score before the intervention and three months after the intervention

Method of measurement
Life style elderly questionnaire

Secondary outcomes

1

Description
Elderly life quality score

Timepoint
Before the intervention and three months after the intervention

Method of measurement
Short questionnaire 12 questions SF12

Intervention groups

1

Description
Intervention group: Intervention group

Category
Lifestyle

2

Description
Intervention group: Control group

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Health Center of Marvdasht City

Full name of responsible person
Hajar Tahmasebi

Street address
Street registration, Health Center of Marvdasht city

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Marvdasht
Province
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Postal code
7371897747
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+98 71 4331 1810
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Web page address
https://www.marve.sums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
University of social welfare and rehabilitation sciences
Full name of responsible person
Hajar Tahmasebi
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Fax
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h.tahmasebi726@gmail.com
Web page address
http://uswr.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of social welfare and rehabilitation 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
University of social welfare and rehabilitation sciences
Full name of responsible person
Hajar Tahmasebi
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

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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
Not applicable
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