

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 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

Country

Iran (Islamic Republic of)

Phone

+98 71 4332 3986

Email address

ha.tahmasebi@uswr.ac.ir

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

City
Marvdasht
Province
Fars
Postal code
7371897747
Phone
+98 71 4331 1810
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marvdasht_ro@sums.ac.ir
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
Street address
Childhood Death, Student Blvd, Evin, University of
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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
Nursery
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Person responsible for scientific inquiries

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Person responsible for updating data

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Full name of responsible person
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Web page address

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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