Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effects of Health Coaching Approach based on motivational interview on improvement housewives' incorrect nutritional habits

Protocol summary

Study aim
Correcting undesirable nutritional habits of housewives
Design
In this study, 70 housewives with an unfavorable nutritional pattern that has an entry criteria are randomly divided into intervention and control groups.
Settings and conduct
Both groups are measured before and after the intervention by the frequency of food frequency questionnaires. Then, the intervention group will be based on a motivational interview in the health care home during six sessions under a coaching approach.
Participants/Inclusion and exclusion criteria
Entry criteria : Having a willingness to participate in research and at least fifth grade primary education, no disease, being a housewife Exit criteria : Unwillingness to continue cooperation, immigration Not attending at least one meeting.
Intervention groups
In the intervention group, a coaching approach is based on a motivational interview. There is no intervention in the control group
Main outcome variables
Undesirable nutritional habits of housewives

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20180730040638N1**
Registration date: **2018-08-15, 1397/05/24**
Registration timing: **registered_while_recruiting**

Last update: **2018-08-15, 1397/05/24**
Update count: **0**
Registration date
2018-08-15, 1397/05/24

Registrant information
Name
Esmat Abdollahpour
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-07-23, 1397/05/01
Expected recruitment end date
2018-09-21, 1397/06/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effects of Health Coaching Approach based on motivational interview on improvement housewives' incorrect nutritional habits

Public title
effects of Health Coaching on nutritional habits
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Inclination to participate in research Do not use depressive drugs and have an effect on fluency Have at least fifth grade elementary education Being housewife Not attending nutrition classes or referring to a nutritionist three months prior to the research Having

poor nutritional habits (less than 51 points) in the frequency of food frequency questionnaires Housewives are between 15 and 55 years old Lack of chronic diseases

Exclusion criteria:

Unwillingness to continue cooperation in the study Participate in similar interventions during the implementation of the plan Immigration from the place of research Not attending at least one meeting Refer to other nutrition information centers during the implementation of the plan

Age

From **15 years** old to **55 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Regarding the number of studied groups (two groups) including the Health Coaching Approach based on motivational interview and the control group, all possible probability states of the subjects, taking into account A for the experimental group and B for the control group, were compared to the number of subjects in the two groups Cards A and B and with each visit you will randomly select a card from the cards and will be referred to that group

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

one group with intervention and one group without intervention

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Yasouj University of Medical Sciences

Street address

Yasouj Medical Sciences University, Shahid Motahhari Blvd

City

yasouj

Province

Kohgilouyeh-va-Boyrahmad

Postal code

73617-32648

Approval date

2018-06-30, 1397/04/09

Ethics committee reference number

IR.YUMS.REC.1397.032

Health conditions studied

1

Description of health condition studied

Health coaching based on motivational interview

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Nutritional Habits Score Based on Frequency Questionnaire

Timepoint

Before the intervention and three months after the end of the intervention

Method of measurement

Feed Frequency Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:Participants will complete the informed consent form, demographic questionnaire and feed frequency questionnaire.Before intervention, both groups were tested by frequency of food frequency questionnaires.Then, in the intervention group: Health Coaching Approach based on a Motivational Interview on Nutritional Habits in six sessions (Five in-person sessions and a telephone session) for six weeks, is provided by a community health nurse with the help of a nutritionist and a psychologist familiar with the motivational interview as facilitator of the group.

Category

Behavior

2

Description

Control group:There is no intervention in the control group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Mazdak Health Home

Full name of responsible person
Ali Hekmat Joo

Street address
Village of Agha Shafi, Baharestan 3, Mazdak Health Home

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yasouj University of Medical Sciences

Full name of responsible person
Dr. Hossein Mari Ariad

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Motahari Blvd,Yasouj University of Medical Sciences

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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
Yasouj 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
Yasouj University of Medical Sciences

Full name of responsible person
Esmat Abdollahpour

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information.

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