

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Aug 2026

### The effect of peer education on prevention of high risk behaviors among in adolescent girls

#### Protocol summary

##### Study aim

Main objective of the project: Determining the Effect of Teaching Peers on Prevention of Highly Risked Behaviors in Adolescent Girls

##### Design

Two arm parallel group randomized clinical trial. Total sample size: 120 Random assignment to intervention and control groups, not blind, not apply

##### Settings and conduct

One of the second high school students in the 17th district of Tehran

##### Participants/Inclusion and exclusion criteria

Criteria for entering the study: Teenage girls aged 15 to 18 years old: Having the consent to participate in the study: Lack of physical problems or problems of understanding and learning with the views of schools and self-expression: Choosing peer educators based on people's desire, competence and acceptability with the view of managers. Exit criteria: Absence of two consecutive sessions of training sessions: Transfer from school

##### Intervention groups

Samples in each intervention and control group 60. They are randomly assigned to 6-member friendly groups and will be divided into two groups of test and control. In this study, high-risk behaviors of adolescents in three domains: unintentional and intentional injuries, Nutritional behaviors and physical activity. In order to carry out the intervention for each cluster, 1 student will be selected as a coach of 10 peers. The training program will then be provided to 4 peers for 90 minutes twice a week for peer educators. After conducting the classes, Each of the coaches in the 6-person group teaches prevention of high-risk behaviors. After 6 weeks, educational intervention will be measured. Finally, in the form of a session and a booklet on prevention of high-risk behaviors for the control group, they will be presented

##### Main outcome variables

Determination and comparison of nutritional behaviors; Physical activity; Intentional and unintentional injuries

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180716040499N1**

Registration date: **2019-02-10, 1397/11/21**

Registration timing: **retrospective**

Last update: **2019-02-10, 1397/11/21**

Update count: **0**

##### Registration date

2019-02-10, 1397/11/21

##### Registrant information

##### Name

Elham Noei Aghabagher

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 2631 1520

##### Email address

e-noeia@razi.tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-09-27, 1397/07/05

##### Expected recruitment end date

2018-10-12, 1397/07/20

##### Actual recruitment start date

2018-09-27, 1397/07/05

##### Actual recruitment end date

2018-10-12, 1397/07/20

**Trial completion date**

2018-10-12, 1397/07/20

**Scientific title**

The effect of peer education on prevention of high risk behaviors among in adolescent girls

**Public title**

effect of peer education on prevention of high risk behaviors

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Selection of peer educators based on people's desire, competence and acceptability with the view of managers. Having the consent to participate in the study Teenage girls aged 15 to 18 years old Choosing peer educators based on people's desire, competence and acceptability with the view of managers.

**Exclusion criteria:**

Having physical problems or problems of understanding and learning With Self-declaration and opinion of school principal

**Age**From **15 years** old to **18 years** old**Gender**

Female

**Phase**

N/A

**Groups that have been masked***No information***Sample size**Target sample size: **120****Randomization (investigator's opinion)**

Randomized

**Randomization description**

Multi-step random sampling method will be used. To do this, out of 12 high schoolsof girls covered by area 17, randomly one school will be selected. The research samples were assigned to 60 subjects in each experimental and control group. For random assignment of the samples randomly, the students were coded according to the volume of the desired 6-member friendly groups and divided into two groups Test and control. From 12 schools

**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**

Ethics committee School of Nursing Midwifery ,Tehran University of Medical Sciences

**Street address**

East Nusrat, Dr Mirkhani Street, Tohid Square

**City**

Tehran

**Province**

Tehran

**Postal code**

1419733171

**Approval date**

2018-06-11, 1397/03/21

**Ethics committee reference number**

IR.TUMS.FNM.REC.1397.006

**Health conditions studied****1****Description of health condition studied**

The effect of peer education on prevention of high risk behaviors among in adolescent girls

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

pevention of high risk behavior

**Timepoint**

befor and 6 weeks after the intervention

**Method of measurement**

High-risk behaviors questionnaire for 18-18 year-old adolescents

**Secondary outcomes**

empty

**Intervention groups****1****Description**

intervention group:peer education in intervention group

**Category**

Prevention

**2****Description**

Control group: no intervention in control group

**Category**

Prevention

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Moallem Shahid Dokhanchi High school

**Full name of responsible person**

Elham Noei Aghabagher

**Street address**

No. 24539, Shahid Solati Alley, Shahid ELmi Street,  
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se@medu.ir

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Dr. Shahzad Pashaei

**Street address**

East Nusrat, Dr Mirkhani Street, Tohid Square

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fnm@tums.ac.ir

**Web page address**

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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**

Elham Noei Aghabagher

**Position**

Student Master of Community health nursing

**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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**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**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Yes - There is 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**

Not applicable

**Title and more details about the data/document**

Information on the main outcome

**When the data will become available and for how long**

After the article is published, it is possible to access data

**To whom data/document is available**

All interested

**Under which criteria data/document could be used**

To conduct research

**From where data/document is obtainable**

Email Researcher

**What processes are involved for a request to access data/document**

Email researcher and send data

**Comments**