Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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

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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

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No. 24539, Shahid Solati Alley, Shahid ELmi Street, Abouzar Blvd

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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http://fnm.tums.ac.ir

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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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