

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Evaluating the effect of nutritional education 'based on the principles of health protection of Iranian traditional medicine' on the nutritional performance and anthropometric indices of students

Protocol summary

Study aim

1- Determining the effect of nutrition education based on the principles of Iranian health care on the nutritional performance of students 2- Determining the Effect of Nutrition Education Based on the Principles of Health Protection of Iranian Medicine on Anthropometric Indices of Students 3 - Determine the level of knowledge, attitude and nutritional behavior of students before and after intervention

Design

A field trial to examine the effect of the educational package of the principles of nutrition in Iranian medicine using the Pender Health Promotion Model that will be implemented on target group students. In this study, boy students in Mashhad Middle schools who are eligible to enter the study will be selected by multi-stage method (cluster-random sampling).

Settings and conduct

This study will be conducted in the middle schools of Mashhad and in coordination with the Education Department of Mashhad. This study is not blinded.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Mashhad schools healthy students with overweight or obesity who are studying at the seventh to ninth grade.

Intervention groups

Intervention group: In this group, the necessary training based on the educational package of the principles of nutrition in Iranian Traditional medicine based on the Pender Health Promotion Model will be provided to the students of the intervention group. Control group: In this group, anthropometric indices are measured at the beginning of the intervention, one month and three months after the intervention without any educational intervention.

Main outcome variables

Anthropometric indices including height, weight, BMI,

waist circumference, and anthropometric measurements with bioimpedance device

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171005036570N1**

Registration date: **2018-10-12, 1397/07/20**

Registration timing: **retrospective**

Last update: **2018-10-12, 1397/07/20**

Update count: **0**

Registration date

2018-10-12, 1397/07/20

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3884 8931

Email address

abdollahzadehh1@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-23, 1397/07/01

Expected recruitment end date

2018-10-02, 1397/07/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the effect of nutritional education 'based on the principles of health protection of Iranian traditional medicine' on the nutritional performance and anthropometric indices of students

Public title

The effect of Iranian medicine education on nutritional behavior of students

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Male students Seventh to Ninth grade From Mashhad's schools Overweight or obesity without Underlying disease

Exclusion criteria:

Lack of overweight or obesity Underlying disease Parental dissatisfaction

Age

From **12 years** old to **15 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **28**

Randomization (investigator's opinion)

Randomized

Randomization description

Multi-stage (cluster-random sampling)

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Mashhad University of Medical Sciences

Street address

Central Organization of Mashhad University of Medical Sciences, Daneshgah Street

City

Mashhad

Province

Razavi Khorasan

Postal code

9188965395

Approval date

2018-06-30, 1397/04/09

Ethics committee reference number

IR.MUMS.REC.1397.092

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

Overweight and Obesity in students

ICD-10 code

E66

ICD-10 code description

Overweight and obesity

Primary outcomes**1****Description**

z score of BMI to weight ratio

Timepoint

The first turn is before the study and the second time after the end of the study and the third time is three months after the end of the educational intervention.

Method of measurement

Hour meter, balance

2**Description**

Body fat

Timepoint

The first turn is before the study and the second time after the end of the study and the third time is three months after the end of the educational intervention.

Method of measurement

Bio-impedance device

Secondary outcomes

empty

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

Intervention group: In this group, the necessary training based on the educational package of the principles of nutrition in Iranian Traditional medicine based on the Pender Health Promotion Model will be provided to the students of the intervention group. Anthropometric indices are measured at the beginning of the intervention, one month and three months after the intervention.

Category

Prevention

2

Description

Control group: In this group, anthropometric indices are measured at the beginning of the intervention, one month and three months after the intervention without any educational intervention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Alavi school

Full name of responsible person

Seyed Mohammad Reza Alavi Bijestani

Street address

No. 136, Between Sadeghi 12 and 14, Shahid Sadeghi Blvd.,

City

Mashhad

Province

Razavi Khorasan

Postal code

9881438993

Phone

+98 51 3760 0390

Email

alavi.seyedmahmood@gmail.com

2

Recruitment center

Name of recruitment center

Be'sat school

Full name of responsible person

Madadian

Street address

Sattari 13 - Shahid Sattari Crossing - Moallem Blvd

City

Mashhad

Province

Razavi Khorasan

Postal code

9881213333

Phone

+98 51 3866 2094

Email

besat@gmail.com

Web page address

http://besat-r.com/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Mohsen Tafaghodi

Street address

Central building of Mashhad University of Medical Sciences, Daneshgah Street

City

Mashhad

Province

Razavi Khorasan

Postal code

9138735499

Phone

+98 51 3841 2081

Email

tafaghodi@mums.ac.ir

Web page address

http://v-research.mums.ac.ir/

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Hassan Abdollahzadeh

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

Street address

Faculty of Iranian and Complementary Medicine, Azadi Square

City

Mashhad

Province

Razavi Khorasan

Postal code

9177948564

Phone

+98 51 3884 8931

Fax

+98 51 3882 9279

Email

abdollahzadehh1@mums.ac.ir

Web page address

<http://tim.mums.ac.ir/>

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Hassan Abdollahzadeh

Position

Resident

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Person responsible for updating data

Contact**Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Hassan Abdollahzadeh

Position

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Latest degree

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Other areas of specialty/work

Traditional Medicine

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Faculty of Iranian and Complementary Medicine,

University of Pardis, Azadi Square

City

Mashhad

Province

Razavi Khorasan

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+98 51 3882 9279

Email

abdollahzadehh1@mums.ac.ir

Web page address

<http://tim.mums.ac.ir/>

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

Yes - There is 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

Title and more details about the data/document

The results of a clinical study report will be published as an article in ISI journals.

When the data will become available and for how long

After publishing articles in medical journals

To whom data/document is available

Only as articles published in medical journals

Under which criteria data/document could be used

In order to use in researches and citation in papers

From where data/document is obtainable

abdollahzadehh1@mums.ac.ir

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

Send an email to the researcher

Comments