

# 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

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+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

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Traditional Medicine

**Street address**

Faculty of Iranian and Complementary Medicine,  
Azadi Square

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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**

Resident

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Traditional Medicine

**Street address**

Faculty of Iranian and Complementary Medicine,  
University of Pardis, Azadi Square

**City**

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Razavi Khorasan

**Postal code**

9177948564

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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**

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**