

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The effect of maternal education and training programs on knowledge of adolescent girls about puberty and menstruation health, teenage monitoring and mother-daughter relationship.

Protocol summary

Summary

Abstract: Objective: The effect of maternal education and training programs on knowledge of adolescent girls about puberty and menstruation health, teenage monitoring and mother and daughter communication. Study design: Randomized, without blinding Study population: teenage girls 11- 15 years with experience menstruation and their mothers. Main inclusion criteria: The literacy graduates (at least a high school education: Diploma or higher for mother), No known psychiatric disorders, Having Telegram program in mobile or computer, agreed to training through a Telegram program, Consent to participate in the study for mother and daughter. Main exclusion criteria: lack of cooperation during the study (A) sample of 74 mother-daughter couples (34 couples in the intervention group and 40 couples in the control group) (B) intervention or interventions studied: training workshop (lecture, Question and Answer and interaction in groups formed in the workshop) with a role playing for cases in challenge. (C) intervention time: 5 weeks (D) the primary outcome or consequences of the study: to increase the knowledge of adolescent girls about puberty and menstruation health, improve monitoring of mother on daughters and communication mother and daughter.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201606053329N2**
Registration date: **2016-06-16, 1395/03/27**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-06-16, 1395/03/27

Registrant information

Name

Zahra Sooki

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 5554 0021

Email address

sooki_z@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahroud University of Medical Sciences

Expected recruitment start date

2016-01-17, 1394/10/27

Expected recruitment end date

2016-02-22, 1394/12/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of maternal education and training programs on knowledge of adolescent girls about puberty and menstruation health, teenage monitoring and mother-daughter relationship.

Public title

The effect of maternal education on knowledge of adolescent girls about puberty and menstruation health, teenage monitoring and mother-daughter relationship.

Purpose

Health service research

Inclusion/Exclusion criteria
Including criteria: The literacy graduates (Diploma or higher). No known psychiatric disorders. Having Telegram program in mobile or computer. agreed to training through a Telegram program. Consent to participate in the study for mother and daughter.
Exclusion criteria: lack of cooperation during the study

Age
From **11 years** old to **15 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **74**

Randomization (investigator's opinion)
Randomized

Randomization description

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

Kashan University of Medical Sciences

Street address

Ravand st.,Kashan University of Medical Sciences

City

Kashan

Postal code

Approval date

2014-06-08, 1393/03/18

Ethics committee reference number

29/10/527/پ

2

Ethics committee

Name of ethics committee

shahroud university of medical sciences

Street address

Iran- semnan- shahroud- 7 tir square

City

shahroud

Postal code

Approval date

2015-01-21, 1393/11/01

Ethics committee reference number

930/27

Health conditions studied

1

Description of health condition studied

puberty and menstruation health

ICD-10 code

Z71.9

ICD-10 code description

Counselling, unspecified

Primary outcomes

1

Description

increase the knowledge of puberty and menstruation health

Timepoint

before and 5 weeks after intervention

Method of measurement

A standard questionnaire about puberty and menstruation

2

Description

Improve the Communication skill of mother and daughter

Timepoint

before and 5 weeks after intervention

Method of measurement

A standard questionnaire about Communication skill of mother and daughter

3

Description

increase the parental monitoring skill

Timepoint

before and 5 weeks after intervention

Method of measurement

A standard questionnaire of parental monitoring

Secondary outcomes

empty

Intervention groups

1

Description

In experimental group: one-day workshop training with role playing for 34 mothers who had daughter 11-15 year olds (about puberty and menstruation health, mother and daughter communication skills, monitoring skills of daughter by parents) and continuing education in the group formed in "Telegram" during 5 weeks. listed items

(knowledge about puberty and menstruation health, mother and daughter communication skills, monitoring skills of daughter by parents) were evaluated in their daughter by standard Questionnaire before and 5 weeks after training. In control group: there was no intervention in mothers. knowledge about puberty and menstruation health, mother and daughter communication skills, monitoring skills of daughter by parents were evaluated by standard Questionnaire in 40 daughter before and 5 weeks after starting the program.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

sepideh kashani school (experimental group)

Full name of responsible person

zahra sooki

Street address

kashan, darvazeh doalat square

City

kashan

2

Recruitment center

Name of recruitment center

shahid torkian school (control group)

Full name of responsible person

zahra sooki

Street address

kashan, madar square

City

kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahroud University of Medical Sciences- research council

Full name of responsible person

Zahra Sooki

Street address

shahroud university of medical sciences, department of reproductive health

City

shahroud

Grant name

000

Grant code / Reference number

000

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

Yes

Title of funding source

Shahroud University of Medical Sciences- research council

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Zahra Sooki

Position

PhD Student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahroud University of Medical Sciences - Tehran University of Medical Sciences

Full name of responsible person

Afsaneh Keramat - Mohammad Shariati

Position

PhD of health sciences (branches of family health) - specialist of social medicine

Other areas of specialty/work

Street address

7 tir square, Shahroud University of Medical Sciences - keshavarze boulevard Tehran University of Medical Sciences

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Zahra Sooki

Position

PhD Student

Other areas of specialty/work**Street address**

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty