

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

The Effect of Educational Intervention Based on Self-Efficacy Theory on Nutritional Status in the Elderly People Referred to health centers of Mashhad

Protocol summary

Study aim

Determining the effect of educational intervention based on self-efficacy theory on improving nutritional status of elderly

Design

Quasi-experimental study with control group, with parallel groups and non-random allocation

Settings and conduct

Educational intervention will be implemented with an emphasis on self-efficacy theory, for a maximum of 3 months on elderly people who referred to Mashhad health centers.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: having at least 60 years of age, Having informed consent
Non Inclusion Criteria: Having cognitive disorders and psychiatric records

Intervention groups

Intervention group: Educational intervention based on self-efficacy theory
Control group: There will be no intervention on the control group

Main outcome variables

Nutritional status of elderly

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160619028529N9**
Registration date: **2019-01-05, 1397/10/15**
Registration timing: **registered_while_recruiting**

Last update: **2019-01-05, 1397/10/15**

Update count: **0**

Registration date

2019-01-05, 1397/10/15

Registrant information

Name

Hadi Tehrani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3853 8530

Email address

tehranih@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-05, 1397/08/14

Expected recruitment end date

2019-06-05, 1398/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Educational Intervention Based on Self-Efficacy Theory on Nutritional Status in the Elderly People Referred to health centers of Mashhad

Public title

The impact of education on nutritional status of the elderly

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Age over 60 years old Having informed consent

Exclusion criteria:

Having cognitive disorders and psychiatric records

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **110**

Randomization (investigator's opinion)

Not randomized

Randomization description

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

Vice chancellor for research, Qoreishi Building, Daneshgah 18, Daneshgah Street

City

Mashhad

Province

Razavi Khorasan

Postal code

9138813944

Approval date

2018-09-08, 1397/06/17

Ethics committee reference number

IR.MUMS.REC.1397.154

Health conditions studied

1

Description of health condition studied

Nutrition status

ICD-10 code

E63

ICD-10 code description

Other nutritional deficiencies

Primary outcomes

1

Description

Nutrition status

Timepoint

Before the intervention, immediately and, three months after the intervention

Method of measurement

Food Frequency Questionnaire, Behavioral View Checklis

Secondary outcomes

1

Description

Self-Efficacy

Timepoint

Before intervention, immediately and,three months after the intervention

Method of measurement

Researcher made questionnaire

Intervention groups

1

Description

Intervention group: Educational intervention will be implemented with an emphasis on self-efficacy theory,for a maximum of 3 months on elderly people who referred to Mashhad health centers.Educational intervention will take place in 6 one-hour training sessions with emphasis on self-efficacy teaching materials. The training sessions will be held in a group discussion.In this study, considering the characteristics of the target group that are elderly and the objectives of the curriculum are various oral, written and combination methods and methods used by the media for training such as lectures with questions and answers, providing and presenting suggestions, group discussion, practical presentation, role play and the provision of educational media such as booklets, posters and educational CDs are provided in the form of a training package for independent study for learners.

Category

Lifestyle

2

Description

Control group: Only the routine intervention will be received.The routine interventions in this area include nutritional counseling

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Mashhad health centers

Full name of responsible person

Amir Rasoulifar

Street address

School of Public Health, Sanabad Street

City

Mashhad

Province

Razavi Khorasan

Postal code

91388-13944

Phone

+98 51 3841 5001

Email

Health@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr Mohsen Tafaghodi

Street address

Research Deputy, Qoreishi Building, Daneshgah 18,
Daneshgah Street

City

Mashhad

Province

Razavi Khorasan

Postal code

91388-13944

Phone

+98 51 3841 1538

Email

ramresearch@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

Hadi Tehrani

Position

Assistance Professor of Health Education and Health
Promotion

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

Department of Health Education and Health
Promotion. School of Public Health, Mashhad
University of Medical Sciences, Mashhad, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9138813944

Phone

+98 51 3189 2203

Email

tehranih@mums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Hadi Tehrani

Position

Assistance Professor of Health Education and Health
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Email

tehranih@mums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Mashhad University of Medical Sciences

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Hadi Tehrani

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Department of Health Education and Health Promotion. School of Public Health, Mashhad University of Medical Sciences, Mashhad, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9138813944

Phone

+98 51 5189 2203

Email

tehranilh@mums.ac.ir

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

No - There is not 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

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

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

Title and more details about the data/document

Potential data is sharable after distinguishing people

When the data will become available and for how long

Start the access period one month after the publication of result

To whom data/document is available

Researchers working in academia

Under which criteria data/document could be used

Data is sent through an official request and by email

From where data/document is obtainable

Hadi Tehrani: tehranilh@mums.ac.ir

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

Data is sent through an official request and by email

Comments