

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jun 2026

Design, implementation and evaluation of a hookah smoking quitting program among women in Bandar Abbas with an intervention mapping approach

Protocol summary

Study aim

the present research aimed to design, implement and evaluate women's hookah smoking quitting program in Bandar Abbas in the light of the intervention mapping approach

Design

The sampling method will be random. First, four comprehensive health services centers were selected randomly from Bandar Abbas city level and randomly two centers in the intervention group and two centers in the control group. number of samples from each center will be determined according to the population covered by the center.

Settings and conduct

This quasi-experimental study will be conducted on women that consumer hookha in Bandar Abbas. The sampling method will be random. First, four comprehensive health services centers were selected randomly from Bandar Abbas city level and randomly two centers in the intervention group and two centers in the control group . number of samples from each center will be determined according to the population covered by the center.

Participants/Inclusion and exclusion criteria

Hookah consumption 4 times a week for at least 6 months before data collection, reading and writing skills, person language, lack of history of psychiatric disorders, non-cardiovascular disease, non-pregnancy, residence in Bandar Abbas and Satisfaction is to participate in the study, the exclusion criteria for the study of simultaneous consumption of cigarettes and other tobacco products or drugs and absences are more than 20% of the training sessions

Intervention groups

In accordance with the framework intervention mapping, intervention program identifies during the implementation of the project.

Main outcome variables

cession of hookah, reduce the hookah use

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190126042494N1**

Registration date: **2019-03-03, 1397/12/12**

Registration timing: **prospective**

Last update: **2019-03-03, 1397/12/12**

Update count: **0**

Registration date

2019-03-03, 1397/12/12

Registrant information

Name

teamur aghamolaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 76 3333 7192

Email address

taghamolaei@hums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-22, 1397/10/01

Expected recruitment end date

2020-02-18, 1398/11/29

Actual recruitment start date

2019-05-22, 1398/03/01

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Design, implementation and evaluation of a hookah smoking quitting program among women in Bandar Abbas with an intervention mapping approach

Public title
hookah smoking quitting program among women in Bandar Abbas

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Smoking hookah 4 times a week for at least 6 months prior to data collection Literacyreading and writing, Persian language, No history of psychiatric disorder Lack of cardio-vascular diseases
Exclusion criteria:

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **130**
Actual sample size reached: **130**

Randomization (investigator's opinion)
Randomized

Randomization description
sampling method will be randomize. First, four comprehensive health services centers were selected randomly from Bandar Abbas city and randomly two centers in the intervention group and two centers in the control group . The number of samples from each center will be determined according to the population covered by the center.

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 of Hormozgan University of Medical

Sciences

Street address
Hormozgan, Bandar Abbas, Shahid Chamran Boulevard, University of Medical Sciences

City
Bandar Abass

Province
Hormozgan

Postal code
7919766581

Approval date
2018-11-18, 1397/08/27

Ethics committee reference number
IR.HUMS.REC.2018.249

Health conditions studied

1

Description of health condition studied

Hookah smoking

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

cession hookah

Timepoint

base,3,6After intervention

Method of measurement

questionnaire

Secondary outcomes

1

Description

Reducing hookah in women

Timepoint

basis,3,6 month after intervention

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group: Based on the intervention mapping framework, training materials and type of intervention are identified during the implementation of the project. Intervention Mapping has 6 steps. It is based on qualitative research of behavioral and environmental factors affecting the problem in step one to five. Based on the results of the first step, educational interventions will be designed.

Category

Lifestyle

2

Description

Control group: Six months after the intervention in the intervention group, the same interventions are performed in the control group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

مرکز خدمات جامع سلامت

Full name of responsible person

teamur aghamolaei

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Bolvar chamran, Bandar Abass, university of medical science

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bandare-abbas University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Bandare-abbas 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

Behbahan University of Medical Sciences

Full name of responsible person

Teamur Aghamolaei

Position

Prof- Teamur Aghamolaei, Social Determinants on Health Promotion Research Center, Hormozgan Universi

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Other areas of specialty/work

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Person responsible for updating data

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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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

only factors that affect hookah use quit smoking and
outcomesWill be share

When the data will become available and for how long

Start of access to information from 2020

To whom data/document is available

All relevant researchers and stakeholders

Under which criteria data/document could be used

Data can only be used to improve the health promotionof
women.

From where data/document is obtainable

E-mail to responsible author

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

Part of the documentation of this protocol can be
prepared and available to applicants for at least 1 year

Comments