

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The Impact of Pender Model Based Education Program on Health Promoting Behaviors and Quality of Life in Psychiatric Nurses

Protocol summary

Study aim

1- The Impact of Pender Model Based Education on Quality of Life in Psychiatric Nurses 2- The Impact of Pender Model Based Education on Health Promoting Behaviors in Psychiatric Nurses

Design

Clinical trials with control group, with parallel groups, randomized

Settings and conduct

The intervention program was conducted during 6 sessions of 60 minutes in a lecture, group discussion, question and answer, and slide show, and at the end of each session, the content will be provided as a pamphlet to the research units. These sessions are held one day a week in the hospital of Ibn Sina and Dr. Hejazi. The general principles of the intervention program will be implemented on the basis of the Pender model and in the following way.

Participants/Inclusion and exclusion criteria

Having a bachelor's or master's degree in nursing and serving in psychiatric hospitals

Intervention groups

Intervention group: In the intervention group, 4 sessions of 45 minutes were performed based on Pender model for nurses. In this way, nurses' experiences and feelings about health behaviors were discussed and the benefits and barriers of perception were identified and attempts were made to create positive self-efficacy, a commitment to conduct nursing health promotion activities. Control group: In the control group, common education was provided.

Main outcome variables

Health Promotion Behaviors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190419043325N1**

Registration date: **2019-07-12, 1398/04/21**

Registration timing: **registered_while_recruiting**

Last update: **2019-07-12, 1398/04/21**

Update count: **0**

Registration date

2019-07-12, 1398/04/21

Registrant information

Name

Masoud Voroudi torghabeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3866 1544

Email address

vorouditm1@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-21, 1397/11/01

Expected recruitment end date

2020-01-21, 1398/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Impact of Pender Model Based Education Program on Health Promoting Behaviors and Quality of Life in Psychiatric Nurses

Public title

The Impact of Pender Model Based Education Program on Health Promoting Behaviors and Quality of Life in Psychiatric Nurses

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

The desire to participate in the study Employed at ebsina and Hejazi hospitals A record of at least 3 years of mental work Having a degree or undergraduate nursing degree Earn at least 70% of the score from the short-term test questionnaire before training Lack of work in the hospital or physical units Failure to deal with a particular physical or mental illness Non-participation in a similar research study

Exclusion criteria:

Unwillingness of the research unit to continue to collaborate and participate in the study Becoming an acute physical or mental problem during the study Participate in another curriculum during the study. Do not attend post-test Have more than one absentee in training sessions.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

This is a case-control clinical trial that will be carried out on 60 nurses working in ebsina and Hejazi hospitals in Mashhad in the years before and after. The sample size is estimated using the formula "Comparison of the average of the two communities" based on the findings of previous studies and also based on the results of the pilot study. As a result, at least 30 people in each group are expected to be studied. . Initially, health promotion and quality of life behaviors in nurses will be measured by HPLP-2 and SF-36 questionnaires. At first, the "sample size ratio" by dividing the sample size (60) into the total nurses' population of these two hospitals (200) (0.30) and then sampling will be done randomly using the random numbers table based on the ratio of the population of Hejazi hospitals and Ibn Sina Hospitals.

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

National Ethics Committee for Research in Nursing and Midwifery Faculty, Mashhad University of Medic

Street address

University Street, Doctor's Crossroads, Ebsina Street,

City

mashhad

Province

Razavi Khorasan

Postal code

9137913199

Approval date

2019-05-12, 1398/02/22

Ethics committee reference number

IR.MUMS.NURSE.REC.1398.010

Health conditions studied

1

Description of health condition studied

Promoting health and quality of life

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Health promotion behaviors in mental nurses

Timepoint

6 sessions 60 minutes

Method of measurement

Quality of life questionnaire and health promotion behaviors questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the intervention group, 4 sessions of 45 minutes were performed based on Pender model for nurses. In this way, nurses' experiences and feelings about health behaviors were discussed and the benefits and barriers of perception were identified and attempts were made to create positive self-efficacy through the commitment to conduct health promoting behaviors in nursing staff.

Category

Prevention

2

Description

Control group: Nurses were trained in the control group. Control group:

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Ebsina Hospital and

Full name of responsible person

Masoud voroudi

Street address

Hor amali Street - next to Astan Quds Razavi

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2

Recruitment center

Name of recruitment center

Dr. Hejazi Hospital

Full name of responsible person

Mahdi Amadani

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mohsen Tafaghodi

Street address

University of Mashhad University of Medical Sciences,
Mashhad University of Medical Sciences, Deputy of
Research and Technology of the University

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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

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

Masoud Voroudi torghabeh

Position

Nurs

Latest degree

Bachelor

Other areas of specialty/work

Environmental Health

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Faculty of Nursing and Midwifery, Avicenna Ave.,
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Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Hmaid Reza Zendetalab

Position

the coach

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for updating data

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Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

Nursery

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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

The report is in the form of a dissertation and an article
published by the researchers.

When the data will become available and for how long

Start the access period 6 months after printing the
results

To whom data/document is available

Only available to scholars working in academic and
academic institutions

Under which criteria data/document could be used

Data is authorized only with permission from the author
of the articles and with the source.

From where data/document is obtainable

Faculty of Nursing and Midwifery, Mashhad, Research
Deputy

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

Visit the Faculty of Nursing and Midwifery, Mashhad, by
visiting or visiting

Comments