Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of education based on health belief model on health promotion behaviors in middle-aged women

Protocol summary

Study aim

The effect of education based on health belief model on health promotion behaviors in middle-aged women

Design

This randomized controlled trial will be performed on 72 middle-aged women referred to two Mashhad Health Centers No.1.Of the 30 comprehensive health care centers covered by the Mashhad Health Center No. 1, two were randomly selected (one draw), with one center for the intervention group and one for the control group.

Settings and conduct

The training program will be conducted in 6 sessions for 45-60 minutes At the relevant health center ,Lectures, group discussions, Q&A and film and slide shows for intervention group.Health-promoting behaviors will be fully explained in accordance with the six steps of the Health Belief Model.The control group will receive routine training.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Written consent Having a health record Being 40-59 years old No particular physical or mental illness Not participating in a similar study Not working in comprehensive health service centers Exclusion criteria: Not wanting to continue cooperation Having an acute physical or mental problem during the study Participate in a similar training program More than one session absent in training sessions

Intervention groups

In the intervention group, the training program will be conducted in 6 sessions of 45-60 minutes in lecture, group discussion, question and answer and film and slide show at the health center..Health-promoting behaviors will be fully explained in accordance with the six steps of the Health Belief Model.The control group will receive routine training.

Main outcome variables

Promoting Nutritional Behaviors; Promoting Physical Activity; Promoting Health Responsibility; Promoting Interpersonal Relations; Promoting Spiritual Dimension and Promoting Stress Management in Middle Ages(Promoting Health-Focused Behaviors in Middle-aged Women)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190828044639N1**
Registration date: **2019-10-04, 1398/07/12**
Registration timing: **registered_while_recruiting**

Last update: **2019-10-04, 1398/07/12**
Update count: **0**

Registration date

2019-10-04, 1398/07/12

Registrant information

Name

Fateme Fahimi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3349 0156

Email address

fahimihf1@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-23, 1398/07/01

Expected recruitment end date

2019-12-22, 1398/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education based on health belief model on health promotion behaviors in middle-aged women

Public title

The effect of education based on health belief model on health promotion behaviors in middle-aged women

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Written consent to participate in the study Willingness to participate in the study Having a health case at the health center Being 40-59 years old No specific physical or mental illness Not participating in a study similar to the present study Not working in comprehensive health service centers

Exclusion criteria:

Unwillingness of research unit to continue cooperation Having an acute physical or mental problem during the study Participate in a similar training program during the study More than one session absent in training sessions

Age

From **40 years** old to **59 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

This study is a randomized controlled clinical trial,That will be done on 72 middle-aged women referred to two of the centers covered by Mashhad Health Center No. 1 before and after 1398-99.then Individuals will be randomly assigned to the intervention and control groups.Out of 30 Integrated Health Service Centers covered by Mashhad Number One Health Center, two randomly selected (lottery) centers will be selected, one for the intervention group and the other for the control group

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 Mashhad University of Medical Sciences

Street address

Between Student 10 and 12, Prophet Rasul's Special Clinic, Room 4

City

Mashhad

Province

Razavi Khorasan

Postal code

9188994864

Approval date

2019-07-21, 1398/04/30

Ethics committee reference number

IR.MUMS.NURSE.REC.1398.041

Health conditions studied

1

Description of health condition studied

Health promoting behaviors

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Health Promoting Behaviors Score in HPLPII Questionnaire

Timepoint

Baseline, immediately and one month after intervention

Method of measurement

HPLPII questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the intervention group, the training program will be conducted in 6 sessions of 45-60 minutes in lecture, group discussion, question and answer and film and slide show at the health center.. Health-promoting behaviors will be fully explained in accordance with the six steps of the Health Belief Model.

Category

Other

2

Description
Control group: The control group will receive routine training, (According to Routine Integrated Health Service Centers)
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Danesh-amouz Health Center
Full name of responsible person
Simin Gazani
Street address
No. 10, Danesh-amouz Ave, Vakilabad blvd, Mashhad
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Province
Razavi Khorasan
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9188994864
Phone
+98 51 3893 2322
Email
Fahimihf1@mums.ac.ir

2

Recruitment center
Name of recruitment center
Vakilabad Comprehensive Health Service Center
Full name of responsible person
Hamidreza Sarraf
Street address
No. 65, Vakilabad Ave, Mashhad
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9188934863
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Fahimihf1@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
No. 18, Daneshghah Ave,Vice chancellor for research, Mashhad
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9958653265
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Email
Vcresearch @ 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
Hamidreza Zendehtalab
Position
Faculty Member
Latest degree
Master
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Person responsible for scientific inquiries

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Person responsible for updating data

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Full name of responsible person
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Position
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Bachelor
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Fahimihf1@mums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
No more information
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available