

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 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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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,

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9958653265

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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

Other areas of specialty/work

Health Promotion

Street address

Ebn-e-Sina Ave, Nursing School Of Mashhad

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9137913199

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Email

Zendehtalabhr@mums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Hamidreza Zendehtalab

Position

Faculty Member

Latest degree

Master

Other areas of specialty/work

Health Promotion

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Other areas of specialty/work

Nursery

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Email

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Person responsible for updating data**Contact****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Fatemeh Fahimi Hesari

Position

Nurse

Latest degree

Bachelor

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