Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of educational intervention based on PRECEDE model on health promoting behaviors of women of reproductive age

Protocol summary

Study aim

Determining the effect of educational intervention based on PRECEDE model on health promoting behaviors of women of reproductive age

Design

This research was a randomized controlled trial conducted on 120 health authorities in Rasht.

Settings and conduct

This study was performed on 120 (60 intervention, 60 controls) married women of reproductive age (15-49 years) who were covered by Shahid Farshad Health Center in the city of yazd in Iran. Data collection tool was a triploid questionnaire that included demographic data, researcher-made questionnaire according to the PRECEDE model and health-promoting lifestyle Profile-II (HPLP-II) questionnaire. Questionnaires were completed by intervention and control groups before and 2 months after training.

Participants/Inclusion and exclusion criteria

The inclusion criteria for this study were as follows: Being married, being in reproductive age (15-49 years); Elementary literacy; Stay in the area of intervention until the end of the study; being willing to participate in the research. Exclusion criteria included: Having a special diet; Restrictions on physical activity; having a special physical and mental illness; Being pregnant

Intervention groups

the intervention group were through seven sessions (60-90 minutes) at a week intervals under the training of healthy lifestyles . Lecture, group discussion, question-and-answer, film, demonstration and teaching aids such as (whiteboard, video projector, computer and educational booklet) were used to present the information. The control group did not receive any training during the intervention.

Main outcome variables

Health promoting behaviors, predisposing factors (knowledge and attitude), reinforcing factors, enabling factors

General information

Reason for update

Acronym

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IRCT registration information

IRCT registration number: **IRCT20191019045160N1**
Registration date: **2020-01-14, 1398/10/24**
Registration timing: **retrospective**

Last update: **2020-01-14, 1398/10/24**
Update count: **0**

Registration date

2020-01-14, 1398/10/24

Registrant information

Name

somayeh mirrezaei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 66 3222 3474

Email address

mirrezaei25.s@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2014-07-23, 1393/05/01

Expected recruitment end date

2014-09-23, 1393/07/01

Actual recruitment start date

2014-07-23, 1393/05/01

Actual recruitment end date

2014-09-23, 1393/07/01

Trial completion date

2016-03-19, 1394/12/29

Scientific title
The effect of educational intervention based on PRECEDE model on health promoting behaviors of women of reproductive age

Public title
health-promoting lifestyle in Women of reproductive age
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Being Married being in reproductive age (15-49 years) Elementary literacy Residence in the area until the end of the study Being Willingness to participate in the study
Exclusion criteria:
Having a special diet Restrictions on physical activity having a special physical and mental illness Being pregnant
Age
From **15 years** old to **49 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **120**
Actual sample size reached: **120**
Randomization (investigator's opinion)
Randomized
Randomization description
Samples were systematically randomly selected so that the population covered by the health center was divided into the sample size (n =120) and the distance between samples was obtained. Then, by choosing a random number between 1 and K, the first number was chosen. The number of the next person was obtained by adding K to the number of the previous one. Finally, the samples were divided into two groups of control and Intervention by using Random number table.
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 Yazd University of Medical Sciences
Street address
School of Public Health, Shahid Sadoughi University of Medical Sciences, Alam Square, Yazd, Iran
City
Yazd
Province
Yazd
Postal code
8915173160
Approval date
2014-06-09, 1393/03/19
Ethics committee reference number
17/1/51843/پ

Health conditions studied

1

Description of health condition studied
health-promoting lifestyle
ICD-10 code
ICD-10 code description

2

Description of health condition studied
Women of Reproductive Age
ICD-10 code
ICD-10 code description

3

Description of health condition studied
Precede Model
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Health Promoting Behavior Score
Timepoint
Before and two months after intervention
Method of measurement
health-promoting lifestyle Profile-II (HPLP-II) questionnaire

2

Description
knowledge score
Timepoint
Before and two months after intervention
Method of measurement
researcher-made questionnaire according to the PRECEDE model

3

Description

Attitude score

Timepoint

Before and two months after intervention

Method of measurement

researcher-made questionnaire according to the PRECEDE model

4

Description

Reinforcing factors score

Timepoint

Before and two months after intervention

Method of measurement

researcher-made questionnaire according to the PRECEDE model

5

Description

Enabling factors score

Timepoint

Before and two months after intervention

Method of measurement

researcher-made questionnaire according to the PRECEDE model

Secondary outcomes

1

Description

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

Intervention group:the intervention group were through seven sessions (60-90 minutes) at a week intervals under the training of healthy lifestyles . Lecture, group discussion, question-and-answer, film, demonstration and teaching aids such as (whiteboard, video projector, computer and educational booklet) were used to present the information.

Category

Lifestyle

2

Description

Control group:No intervention and educational program were used in the control group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Farshad Health Center

Full name of responsible person

Dr. Aref

Street address

Kashani Street, Housing and Urban Development Street

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yazd

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Yazd

Postal code

–

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yazd University of Medical Sciences

Full name of responsible person

Dr. Massoud Mirzaei

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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

Yazd 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
Yazd University of Medical Sciences
Full name of responsible person
Somayeh Mirrezaei
Position
Graduate of Health Education
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Person responsible for updating data

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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
There is 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