

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of an educational intervention based on the Health Belief Model on self care behavior in health staff

Protocol summary

Study aim

Effect of an educational intervention based on the Health Belief Model on self care behavior in health staff

Design

The study population is health workers of urban health centers of Rudbar city that are randomly divided into intervention (n = 37) and control (n = 37) groups.

Settings and conduct

The research environment consists of health workers working in urban health services centers of Rudbar city. Then educational intervention will be performed and no training will be provided for control group. The data collection will be performed after the intervention using the relevant questionnaires simultaneously in each control and test group.

Participants/Inclusion and exclusion criteria

Inclusion criteria: working in the health field; having at least one year of work experience; having a minimum of an associate's degree and having the consent to study. Exclusion criteria: administrative staff; incomplete completion of questionnaire; failure to attend at least one training session and unwillingness to cooperate.

Intervention groups

After pre-test in both groups, a self-care behavior training program will be provided for the intervention group. At the end of the study the post-test will be performed in both groups and the results will be compared

Main outcome variables

Primary outcome: adopting self-care behaviors in health care. Secondary outcome: knowledge; perceived susceptibility; perceived severity; perceived benefits; perceived barriers; self-efficacy; action guide and behavior.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191023045204N1**

Registration date: **2019-12-03, 1398/09/12**

Registration timing: **registered_while_recruiting**

Last update: **2019-12-03, 1398/09/12**

Update count: **0**

Registration date

2019-12-03, 1398/09/12

Registrant information

Name

Azadeh Mohammadi Dogahe

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 13 3332 3538

Email address

azadeh_mohammadi_dogahe@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-08-23, 1398/06/01

Expected recruitment end date

2019-12-20, 1398/09/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of an educational intervention based on the Health Belief Model on self care behavior in health staff

Public title

Effect of an educational intervention based on the Health Belief Model on self care behavior

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Employment in health care Having at least one year of work experience Minimum associate degree education Having the consent to participate in the study
Exclusion criteria:
Administrative staff Incomplete questionnaire completion Failure to attend at least one training session Unwilling to cooperate

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **74**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Factorial

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Guilan University of Medical Sciences
Street address
R Namjoo Street - Shahid Siadati Street - Opposite 17 Shahrivar Hospital - Old School of Health - Vice chancellor for research
City
Rasht
Province
Guilan
Postal code
4144666949
Approval date
2019-08-03, 1398/05/12
Ethics committee reference number
IR.GUMS.REC.1398.240(طبق بررسی انجام شده کد اخلاق در)

(.سامانه ملی اخلاق در پژوهش های زیست پزشکی ثبت می باشد)

Health conditions studied

1

Description of health condition studied

Self care

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-care behaviors

Timepoint

Before and after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Perceived barriers

Timepoint

Before and after intervention

Method of measurement

Questionnaire

2

Description

Perceived severity

Timepoint

Before and after intervention

Method of measurement

Questionnaire

3

Description

Perceived benefits

Timepoint

Before and after intervention

Method of measurement

Questionnaire

4

Description

Perceived sensitivity

Timepoint

Before and after intervention

Method of measurement

Questionnaire

5

Description

Efficacy

Timepoint

Before and after intervention

Method of measurement

Questionnaire

6

Description

Help for practice

Timepoint

Before and after intervention

Method of measurement

Questionnaire

7

Description

Behavior

Timepoint

Before and after intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention group: after pre-test in both groups, health workers participating in the intervention group of selected urban centers are invited to participate in training sessions. The training program will be based on Health Belief Model, lectures, group discussions, pamphlets and educational videos.

Category

Prevention

2

Description

Control group: control group of other urban health workers who do not receive intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Rudbar Health Center

Full name of responsible person

Parisa Kasmaee

Street address

Vasatbazar Ave.

City

Rudbar

Province

Guilan

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4461616877

Phone

+98 13 3462 5134

Email

parisak81@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Mohammad Reza Naghipoor

Street address

Namjoo Street - Shahid Siadati Street - Opposite 17
Shahrivar Hospital - Old School of Health - Vice
chancellor for research

City

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Province

Guilan

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4188614975

Phone

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Email

research@gums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rasht 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

Rasht University of Medical Sciences

Full name of responsible person

Azadeh Mohammadi Dogahe

Position

University student

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

Opposite Shahid Beheshti High School, Azadegan Street

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Person responsible for scientific inquiries

Contact

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Rasht University of Medical Sciences

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Parisa Kasmaee

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available