

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

Investigating the Effect of Education based on Intervention Mapping Model on Health Promoting Behaviors among Staff

Protocol summary

Study aim

Determining the Effect of Education based on Intervention Mapping Model on Health Promoting Behaviors among Staff

Design

A quasi-experimental clinical trial with one intervention group, a sample size of 60 people.

Settings and conduct

The present study is a pre test and post test semi-experimental intervention that will be in the Ilam university of medical sciences staff. In order to assessment, a descriptive study is conducted among the staff. After conducting a descriptive study and identifying the priority dimension for the educational intervention, The sample size for interventional study was calculated 60 people. Sixty people are people who are in undesirable situation in the identified priority dimension, and enter the study with the lowest score.

Participants/Inclusion and exclusion criteria

The inclusion criteria: An unfavorable situation in the priority dimension identified from Walker's Health Promoting Lifestyle Questionnaire; being the employee; at least one year of work experience; the consent of individuals to participate in the study; lack of physical restraint
Non inclusion criteria: Failure to participate in the maximum of 15% of training sessions; permanent departure of the individual from the field under investigation the researcher; retirement; and of plan; failure to complete the questionnaire

Intervention groups

The intervention is being carried out on the staff of Ilam University of Medical Sciences. The training program is designed to fit the identified priority dimension, but the training program is likely to be presented in the form of an educational package including lectures, group discussions, the use of poster training aids, pamphlets, educational CDs, and educational clip.

Main outcome variables

Health promoting behaviors

General information

Reason for update

Acronym

رفتارهای ارتقاء دهنده سلامت کارکنان

IRCT registration information

IRCT registration number: **IRCT20191030045278N1**

Registration date: **2020-07-16, 1399/04/26**

Registration timing: **retrospective**

Last update: **2020-07-16, 1399/04/26**

Update count: **0**

Registration date

2020-07-16, 1399/04/26

Registrant information

Name

Samaneh Tahmasebi Ghorabi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4362 1689

Email address

tahmasebi-s@medilam.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

Investigating the Effect of Education based on Intervention Mapping Model on Health Promoting Behaviors among Staff

Public title

The Effect of Education on Health Promoting Behaviors among Staff

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

An unfavorable situation in the priority dimension identified from Walker's health promoting lifestyle questionnaire Being the employee At least one year of work experience The consent of individuals to participate in the study Lack of physical restraint

Exclusion criteria:

Failure to participate in the maximum of 15% of training sessions Permanent departure of the individual from the field under investigation the researcher Retirement End of plan Failure to complete the questionnaire

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)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Ilam University of Medical

Street address

Health College., Ilam University of Medical Sciences Campus., Research Boulevard., Banganjab., Ilam

City

Ilam

Province

Ilam

Postal code

6939177134

Approval date

2019-08-27, 1398/06/05

Ethics committee reference number

IR.MEDILAM.REC.1398.089

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

Timepoint

Before the intervention and 3 months after the intervention

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention Group: Employees of Ilam University of Medical Sciences The training program is designed to fit the identified priority dimension, but the training program is likely to be presented in the form of an educational package including lectures, group discussions, the use of poster training aids, pamphlets, educational CDs, and educational clip.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Ilam University of Medical Science Campus

Full name of responsible person

Samaneh Tahmasebi Ghorabi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Ilam University of Medical Sciences
Full name of responsible person
Dr Gholamreza Kalvandi
Street address
Ilam Depty of Research and Technology., 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

Ilam 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
Ilam University of Medical Sciences
Full name of responsible person
Samaneh Tahmasebi Ghorabi
Position
MS student
Latest degree

Bachelor
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Person responsible for scientific inquiries

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Person responsible for updating data

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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