Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Education based on Health Belief Model on High Risk Health Behaviors among Female Students of the Mashhad University of Medical Sciences.

Protocol summary

Study aim
The Effect of Education based on Health Belief Model on high Risk Behaviors among Female Students of Mashhad University of Medical Sciences.

Design
Parallel Clinical Trial with Control Group, without Blinding, Randomized, on 60 Eligible Student

Settings and conduct
Initially, two Dormitories will be Randomly selected from the Dormitories of Mashhad University of Medical Sciences and sampled from the two Dormitories, so that they will be selected by lot, Control group from one Dormitory and Intervention group from another Dormitory.

Participants/Inclusion and exclusion criteria
Informed Consent to Participate in the Research Their gender is Female. Having a Phone Number to Call. Student studying Accommodation in dormitory The Age is between 18 and 30 Years.

Intervention groups
In the Intervention Group, the Intervention will be Conducted weekly in 6 Sessions of 60 to 90 minutes. The Method of Delivering the Training will be based on the Content of each Session (Every session about high-risk behavior), with lectures using PowerPoint and film Screening (with the approval of the Ethics Committee representative), Q&A and role play. The Control Group receives the Training on a routine basis (meaning Educational Materials or tutorials that Students use available resources that include both groups). But after the study, If the study is Successful, the Control group will also be offered Training.

Main outcome variables
Scores of Behaviors:Tobacco use, Drug addiction and Abuse, Unhealthy Sexual Behaviors, Physical Inactivity, Unhealthy Nutrition and Injuries-related Behaviors.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200224046600N1**
Registration date: **2020-03-03, 1398/12/13**
Registration timing: **prospective**

Last update: **2020-03-03, 1398/12/13**
Update count: **0**

Registration date
2020-03-03, 1398/12/13

Registrant information

Name
Nasrin Zahmatkesh rokhi

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 51 4261 2624

Email address
zahmatkeshrz971@mums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-04-04, 1399/01/16

Expected recruitment end date
2020-07-06, 1399/04/16

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 High Risk Health Behaviors among Female Students of the Mashhad University of Medical Sciences.

Public title
The Effect of Health Belief Model Training on High Risk Behaviors of Female Students
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Informed Consent to Participate in the Research Their gender is Female Having a Phone Number to Call Student of Undergraduate or Postgraduate or PHD in one of the Faculties of Medical Sciences in Mashhad Residence in Dormitories Covered by Mashhad University of Medical Sciences Students must be between 18 and 30 Years of age.
Exclusion criteria:
Questionnaires are not Completed Properly Not Participating in more than One Training Session Vacation or Quit Studying for any Reason Accidents (Death of a Loved one, Earthquake, Accidents and Illness).
Age
From **18 years** old to **30 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
From among the Dormitories for Girls in Mashhad University of Medical Sciences, two Dormitories will be Randomly Selected by lottery. Thus, the Control Group will be Selected from one Dormitory and the Intervention Group will be Selected from another.
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
Central Organization of Mashhad University of Medical Sciences ، Daneshgah Avenue
City
Mashhad
Province
Razavi Khorasan
Postal code
91388-13944
Approval date
2020-01-21, 1398/11/01
Ethics committee reference number
IR.MUMS.NURSE.REC.1398.100

Health conditions studied

1

Description of health condition studied
The effect of Education based on Health Belief Model on High Risk Health Behaviors among Students
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Tobacco Smoking Behavior Score
Timepoint
Before Intervention, Immediately and One Month after Intervention
Method of measurement
Youth Health Risk Behaviors Questionnaire (2019)

2

Description
Addiction Behavior and Substance Abuse Score
Timepoint
Before Intervention, Immediately and One Month after Intervention
Method of measurement
Youth Health Risk Behaviors Questionnaire (2019)

3

Description
Unhealthy Sexual Behaviors Score
Timepoint
Before Intervention, Immediately and One Month after Intervention
Method of measurement
Youth Health Risk Behaviors Questionnaire (2019)

4

Description
Physical Inactivity Behavior Score
Timepoint

Before Intervention, Immediately and One Month after Intervention

Method of measurement

Youth Health Risk Behaviors Questionnaire (2019)

5

Description

Unhealthy Eating Behavior Score

Timepoint

Before Intervention, Immediately and One Month after Intervention

Method of measurement

Youth Health Risk Behaviors Questionnaire (2019)

6

Description

Scores of Behaviors related to Injuries

Timepoint

Before Intervention, Immediately and One Month after Intervention

Method of measurement

Youth Health Risk Behaviors Questionnaire (2019)

Secondary outcomes

1

Description

Perceived Sensitivity Score

Timepoint

Before Intervention, Immediately and One Month after Intervention

Method of measurement

Researcher-made Questionnaire based on Health Belief Model Constructs

2

Description

Perceived Severity Score

Timepoint

Before Intervention, Immediately and One Month after Intervention

Method of measurement

Researcher-made Questionnaire based on Health Belief Model Constructs

3

Description

Perceived Benefit score

Timepoint

Before Intervention, Immediately and One Month after Intervention

Method of measurement

Researcher-made Questionnaire based on Health Belief Model Constructs

4

Description

Perceived Barriers Score

Timepoint

Before Intervention, Immediately and One Month after Intervention

Method of measurement

Researcher-made Questionnaire based on Health Belief Model Constructs

5

Description

Practice Guide Score

Timepoint

Before Intervention, Immediately and One Month after Intervention

Method of measurement

Researcher-made Questionnaire based on Health Belief Model Constructs

6

Description

Self-Efficacy Score

Timepoint

Before Intervention, Immediately and One Month after Intervention

Method of measurement

Researcher-made Questionnaire based on Health Belief Model Constructs

Intervention groups

1

Description

Intervention group: The Intervention will be Conducted weekly in Six 60- to 90 Minute Sessions. The Method of Delivering the Training will be based on the Content of each Session, with lectures using Power Point and film Screening (with the approval of the Ethics Committee representative), Question and Answer, Group Discussion, and role Playing.

Category

Behavior

2

Description

Control group: Education is Received on a Regular basis (Meaning Educational Materials or Tutorials that Students use Available Resources that Include both Groups). But after the Study, if the Study is Successful, the Control Group will also be offered Training.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Girly Dormitories Mashd University of Medical Sciences

Full name of responsible person
Maryam Naderzadeh Govareshki

Street address
Pardis Mashhad University of Medical Sciences

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Province
Razavi Khorasan

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9179793945

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Email
naderzadeGM1@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Dr. Seyed Mohammad Hussein Bahraini Toosi

Street address
Central Organization of Mashhad University of Medical Sciences،Daneshgah Avenue

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presidentoffice@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
Nasrin Zahmatkesh Rokhi

Position
Postgraguate Midwifery Student

Latest degree
Bachelor

Other areas of specialty/work
Midwifery

Street address
Nursing and Midwifery, Ebne Sina Avenue، Doktora Crossroads

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Samira Ebrahimzadeh Zgemi

Position
The coach

Latest degree
Ph.D.

Other areas of specialty/work
Midwifery

Street address
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Person responsible for updating data

Contact

Name of organization / entity
Mashhad University of Medical Sciences

Full name of responsible person
Nasrin Zahmatkesh Rokhi

Position
MSc Sudent in Midwifery

Latest degree
Bachelor

Other areas of specialty/work
Midwifery
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91889-93684
Phone
+98 51 3893 4278
Email
zahmatkeshrz971@mums.ac.ir

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