

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 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 Govareski

Street address

Pardis Mashhad University of Medical Sciences

City

Mashhad

Province

Razavi Khorasan

Postal code

9179793945

Phone

+98 51 3882 0055

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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91775-1365

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Email

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

Postgraduate Midwifery Student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Nursing and Midwifery, Ebne Sina Avenue, Doktora Crossroads

City

Mashhad

Province

Razavi Khorasan

Postal code

91889-93684

Phone

+98 51 3893 4278

Email

zahmatkeshrz971@mums.ac.ir

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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City

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Razavi Khorasan

Postal code

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Phone

+98 51 3859 1511

Email

EbrahimzadehZS@mums.ac.ir

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 Student in Midwifery

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

Nursing and Midwifery, Ebne Sina Avenue, Doktora
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City

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+98 51 3893 4278

Email

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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