Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Assessing the effectiveness of a health education intervention based on the Health Belief Model in promotion of osteoporosis preventive behaviors

Protocol summary

Summary

The purpose of this study was to assess the effectiveness of a health education intervention based on the Health Belief Model in promotion of osteoporosis preventive behaviors in rural women. This study was a quasi – experimental research with two groups, experimental (n=55) and control (n=55) selected from 2 health house in Malayer city. The experimental group participated in four health education sessions that were based on components of the Health Belief Model. Data collection tool was a questionnaire that included 4 sections based on HBM and demographic information and preventive behaviors of osteoporosis. Data were collected at two points, before intervention and two month after intervention. Statistical analysis was performed by SPSS 15.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201008154570N1**
Registration date: **2010-11-08, 1389/08/17**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-11-08, 1389/08/17

Registrant information

Name

Farbod Ebadi

Name of organization / entity

Faculty of public health, Iran university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8805 8691

Email address

dr_febadi@ums.ac.ir

Recruitment status

Recruitment complete

Funding source

vice-chancellor for research, Iran university of medical sciences

Expected recruitment start date

2010-01-21, 1388/11/01

Expected recruitment end date

2010-02-19, 1388/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effectiveness of a health education intervention based on the Health Belief Model in promotion of osteoporosis preventive behaviors

Public title

The effect of the Health Belief Model in promotion of preventive behaviors of osteoporosis in women referring to Health House in Malayer

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: women living in rural area, fully completing the questionnaires, willing to participate in classes Exclusion criteria: not completing the study questionnaire, not participating in classes

Age

From **17 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **110**

Randomization (investigator's opinion)

Randomized

Randomization description

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

Iran University of Medical Sciences and health services

Street address

Iran University of Medical Science; hemmat exp.way

City

Tehran

Postal code

Approval date

2010-04-21, 1389/02/01

Ethics committee reference number

446

Health conditions studied

1

Description of health condition studied

promotion of preventive behaviors

ICD-10 code

-

ICD-10 code description

-

2

Description of health condition studied

Osteoporosis

ICD-10 code

M81.9

ICD-10 code description

Osteoporosis, unspecified

Primary outcomes

1

Description

perceived susceptibility

Timepoint

Before the intervention and two months after intervention

Method of measurement

questionnaire

2

Description

perceived benefits

Timepoint

before the intervention and two months after intervention

Method of measurement

questionnaire

3

Description

preceived barriers

Timepoint

before the intervention and two months after intervention

Method of measurement

questionnaire

4

Description

perceived severity

Timepoint

before intervention and two months after intervention

Method of measurement

questionnaire

5

Description

self efficacy

Timepoint

before intervention and two months after intervention

Method of measurement

questionnaire

6

Description

Cues to action

Timepoint

before intervention and two months after intervention

Method of measurement

questionnaire

7

Description

osteoporosis preventive behaviors

Timepoint
before intervention and two months after intervention
Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group received 4 sessions of education program (each session 60 minutes) based on health belief model. we also gave them a pamfelt
Category
Other

2

Description
The control group received no intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Malayer city Health Center
Full name of responsible person
Maryam Alihosseini, Master of health education; Employee of Malayer Health Center
Street address
Malayer Health and treatment Network
City
Malayer

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice-chancellor for research; Iran University of Medical Sciences
Full name of responsible person
Mansoreh Hosseinmardi
Street address
Iran University of Medical Sciences; Hemmat exp.way
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice-chancellor for research; Iran University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact
Name of organization / entity
Iran University of Medical Sciences and health services
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Farbod Ebadi Fard Azar
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Person responsible for scientific inquiries

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Name of organization / entity
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Person responsible for updating data

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Hamedan University of Medical Sciences and Health Services

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty

Study Protocol
empty

Statistical Analysis Plan
empty

Informed Consent Form
empty

Clinical Study Report
empty

Analytic Code
empty

Data Dictionary
empty