

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 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@iums.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

perceived 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 pamphlet

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

Full name of responsible person

Farbod Ebadi Fard Azar

Position

Professor

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Hamedan University of Medical Sciences and Health
Services

Full name of responsible person

Maryam Alihosseini

Position

Bachelor in Sciences

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Contact

Name of organization / entity

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6571681963

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Web page address

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