Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Explaining the process of smoking in girls' adolescents, Implementing and evaluating this process to prevent cigarette smoking

Protocol summary

Study aim

Determining the effect of educational intervention program to preventive cigarette smoking on female high school students

Design

Based on the results of the qualitative part of the study, the study was designed and performed on 300 adolescent girls in two control groups (n=150) and intervention (n=150) without randomization and blindness. Data collection will be performed using a researcher-made questionnaire (valid and reliable) based on the results of the qualitative section. The data will be analyzed using SPSS statistical software version 22 using descriptive and inferential methods. Significant levels in all tests will be determined to be less than 0.05. The statistical population studied will be selected by a multi-stage sampling method. First, a list of all high school girls will be prepared, and then the samples will be randomly divided into two groups of intervention and control.

Settings and conduct

This study will be performed on female high school students in Mashhad.

Participants/Inclusion and exclusion criteria

Inclusion criteria: The student is in the second grade of high school, resident of Mashhad, and willing to participate in the study. Exclusion criteria: Having one or more session absentee at training sessions, students who participated in the pre-test but were not present in the post-test, and changing their schools.

Intervention groups

In this intervention study, a training program on cigarette smoking was conducted for 4 sessions of 2 hours for students in the experimental group for a maximum of one month.

Main outcome variables

Determine the average score of students' preventive behaviors in relation to cigarette smoking

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180722040559N5**
Registration date: **2020-06-19, 1399/03/30**
Registration timing: **prospective**

Last update: **2020-06-19, 1399/03/30**
Update count: **0**

Registration date

2020-06-19, 1399/03/30

Registrant information

Name

Alireza Jafari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3851 4548

Email address

jafaria962@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-10-11, 1399/07/20

Expected recruitment end date

2021-05-08, 1400/02/18

Actual recruitment start date

2020-08-09, 1399/05/19

Actual recruitment end date

2020-10-11, 1399/07/20

Trial completion date

2021-05-10, 1400/02/20

Scientific title

Explaining the process of smoking in girls' adolescents, Implementing and evaluating this process to prevent cigarette smoking

Public title
The effect of educational intervention program to preventive cigarette smoking on female high school students
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
The student is in the second grade of high school Resident of Mashhad Willing to participate in the study
Exclusion criteria:
Having one or more session absentee at training sessions Students who participated in the pre-test but were not present in the post-test Changing their schools
Age
From **15 years** old to **19 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **300**
Actual sample size reached: **300**
Randomization (investigator's opinion)
Not 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
Mashhad university of medical sciences
Street address
School of Health, Daneshgah Avenue, Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
9137673119
Approval date
2019-08-03, 1398/05/12
Ethics committee reference number
IR.MUMS.REC.1398.153

Health conditions studied

1

Description of health condition studied
The preventive of cigarette smoking
ICD-10 code
305.1
ICD-10 code description
Tobacco use disorder

Primary outcomes

1

Description
The preventive cigarette smoking
Timepoint
One month after the meeting and after the test made by questionnaire, the two groups will be measured
Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In the intervention group, training program was performed with 4 sessions of 120 minutes
Category
Prevention

2

Description
Control group: No intervention
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Female high school
Full name of responsible person
Alireza Jafari
Street address
School of Health, Daneshgah Avenue, Mashhad
City
Mashhad
Province
Razavi Khorasan

Postal code
9137673119
Phone
+98 51 3851 4548
Email
jafari.ar94@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Alireza Jafari
Street address
School of Health, Daneshgah Avenue, Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
91778-99191
Phone
+98 51 3851 4548
Email
jafari.ar94@gmail.com
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
Alireza Jafari
Position
PhD student
Latest degree
Master
Other areas of specialty/work
Health Promotion
Street address
School of Health, Daneshgah Avenue, Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
9137673119
Phone
+98 51 3851 4548
Email
jafari.ar94@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Alireza Jafari
Position
PhD student
Latest degree
Master
Other areas of specialty/work
Health Promotion
Street address
School of Health, Daneshgah Avenue, Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
9137673119
Phone
051- 38514548
Email
jafari.ar94@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Alireza Jafari
Position
PhD student
Latest degree
Master
Other areas of specialty/work
Health Promotion
Street address
School of Health, Daneshgah Avenue, Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
9137673119
Phone
+98 51 3851 4548
Email

jafari.ar94@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available
Title and more details about the data/document
Potential data is shareable after distinguishing people
When the data will become available and for how long
Start the access period one month after the publication of result
To whom data/document is available
Start the access period one month after the publication of result
Under which criteria data/document could be used
Researchers working in academia
From where data/document is obtainable
Data is sent through an official request and by email
What processes are involved for a request to access data/document
Alireza Jafari: jafaria962@mums.ac.ir
Comments