

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Comparison of Effect of Puberty Health Education to Mothers and Daughters on Girls' Knowledge and Performance in High Schools of Tabriz:Single Blind Randomized Clinical Trial

Protocol summary

Summary

The aim of this study was to comparison of effect of puberty health education to mothers and to daughters on girls' knowledge and performance in high schools of Tabriz. Design: single-blind randomized controlled trial. The sample size was calculated for each group is 110. Participants: 330 adolescent girls between 13 to 14 years old who experienced at least 6 months after the first menstrual period, who studying in seventh and eighth graders secondary girls' schools of Tabriz and 110 theirs mother. Stratified random sampling will be used for sampling. In first stage, 15 schools will be randomly selected from Tabriz schools from the five areas of education of Tabriz. Then, from each school, 25 students (from seventh and eighth grades) will be randomly selected. After acquiring informed consent from students and your parents, pre-test questionnaires will be completed by participants. Then, according to the similarity of the performance score of pre-test, 15 schools will be divided into 5 groups which contain 3 schools in each group. These 3 schools in each group will be randomly assigned to two intervention groups (education to mothers and to daughters) and one control group. The two intervention groups will receive training. Training includes lecture presentation and booklet. The control group will receive no intervention. Main outcome measures: Knowledge, attitude and performance that will be measured by self-report in all three groups before and one month after education by students.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201408244613N11**

Registration date: **2014-09-05, 1393/06/14**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-09-05, 1393/06/14

Registrant information

Name

Sousan Valizadeh Dehkharghani

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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009804134751706- 34796770

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2014-10-23, 1393/08/01

Expected recruitment end date

2015-01-21, 1393/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of Effect of Puberty Health Education to Mothers and Daughters on Girls' Knowledge and Performance in High Schools of Tabriz:Single Blind Randomized Clinical Trial

Public title

Comparison of Effect of Puberty Health Education to Mothers and Daughters on Girls' Knowledge and Performance in High Schools of Tabriz

Purpose
Prevention

Inclusion/Exclusion criteria
A girl student: 14-13 years of age 1. (2) passing at least 6 months from the time period, according to their 3 having a chronic illness, physical or mental 4 girls studying at public and private high schools in Tabriz. 5 schoolgirls informed consent to participate in the study. 6 girls who live with their real mothers B mothers: 1 mom real girls 2 having the lowest literacy to read and write 3 having a chronic illness, physical or mental 4 Not taking certain medications (anti-anxiety drugs, sedatives, anticonvulsants) Consent 5. 6 non-working mothers in the Health Professions

Age
From **13 years** old to **14 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **330**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tabriz University of Medical Sciences, Vice chancellor for research

Street address
Research department, third floor, central construction number 2, Tabriz medical science university, Golgasht Street, Azadi Avenue, Tabriz

City
Tabriz

Postal code
51668-44199

Approval date
2014-08-18, 1393/05/27

Ethics committee reference number

9381

Health conditions studied

1

Description of health condition studied

Puberty hygiene

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Knowledge

Timepoint

Before and one month after education

Method of measurement

Knowledge questionnaire

2

Description

Performance

Timepoint

Before and one month after education

Method of measurement

Performance questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Education through educational booklet containing the training materials in the field of mental health (skin and hair, menstruation, physical activity, and resting and feeding), psychosocial maturity, and lectures on the content of the manual is a high school girls.

Category

N/A

2

Description

Education through educational booklet containing the training materials in the field of mental health (skin and hair, menstruation, physical activity, and resting and feeding), psychosocial maturity, and talk to the mothers of female students is based on the contents of the manual

Category

N/A

3

Description

Control group will receive no intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Girls' state and non state High Schools in Tabriz

Full name of responsible person

Afsari Atusa

Street address

South Artesh street, Education Office

City

Tabriz East Azerbaijan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences, Vice chancellor for research

Full name of responsible person

Shakouri Seyyed Kazem

Street address

Research department, third floor, central construction number 2, Tabriz medical science university, Golgasht Street, Azadi Avenue, Tabriz

City

Tabriz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tabriz University of Medical Sciences, Vice chancellor for research

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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr Sousan Valizadeh

Position

PhD in Nursing

Other areas of specialty/work

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Person responsible for updating data

Contact

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