

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Educational Program Based on the Protection Motivation Theory in Promoting Protective Behaviors Against COVID-19 in Elderly

Protocol summary

Study aim

Determining the effect of educational program based on protection motivation theory in promoting coronavirus prevention behaviors among the elderly

Design

A clinical trial with a control group, with parallel groups, blinded, randomized, will be performed on 200 elderly in a simple random way and individuals will be followed up after two months.

Settings and conduct

Participants are randomly selected from the retirement centers of Hamadan and are placed in each of the control and control groups. Training's will be provided to both groups using virtual networks.

Participants/Inclusion and exclusion criteria

Entry conditions included: 60 to 75 years old/ No history of covid-19 disease in oneself or family/ Smartphone access. No entry conditions included: People with physical and mental disabilities/ Lack of functional independence

Intervention groups

People will be randomly divided into two groups of intervention and control. People in the intervention group will be taught how to protect themselves against covid-19 disease, and people in the control group will be taught how to increase the quality of sleep in the elderly.

Main outcome variables

Protective behaviors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200902048598N1**

Registration date: **2020-09-28, 1399/07/07**

Registration timing: **registered_while_recruiting**

Last update: **2020-09-28, 1399/07/07**

Update count: **0**

Registration date

2020-09-28, 1399/07/07

Registrant information

Name

mohadese sadri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3822 6081

Email address

mohadese.sdr.1997@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-09-22, 1399/07/01

Expected recruitment end date

2020-10-22, 1399/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Educational Program Based on the Protection Motivation Theory in Promoting Protective Behaviors Against COVID-19 in Elderly

Public title

Evaluation of the effect of education in the prevention of covid-19

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Ability to speak and read Persian No history of covid-19 in oneself or family (pair or children) Internet access Smartphone access Ability to use social networks Elderly members of retirement centers Elderly people have completed an informed consent form and a questionnaire to participate in the study Age 60 to 75 years

Exclusion criteria:

People with physical and mental disabilities Lack of functional independence

Age

From **60 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Data analyser

Sample size

Target sample size: **200**

Randomization (investigator's opinion)

Randomized

Randomization description

After randomly selecting two centers from the list of retirement centers in Hamadan, one center is considered as a simple random intervention group and the other as a control group, and then the members of each center are selected randomly.

Blinding (investigator's opinion)

Single blinded

Blinding description

The participants in the study are unaware of whether they are in the intervention or control group, so that people in both groups receive educational intervention, but in the control group, the educational intervention is related to another topic.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Hamadan University of Medical Sciences

Street address

Building No. 4, Shariati Crossroad., Hamadan, Iran.

City

Hamadan

Province

Hamadan

Postal code

65178

Approval date

2020-08-22, 1399/06/01

Ethics committee reference number

IR.UMSHA.REC.1399.476

Health conditions studied**1****Description of health condition studied**

Protective behavior against covid-19 disease in the elderly

ICD-10 code

U07.2

ICD-10 code description

COVID-19, virus not identified

Primary outcomes**1****Description**

protective behaviors

Timepoint

Behavior measurement before the start of the study and 2 months after the intervention

Method of measurement

The data collection tool includes a researcher-made questionnaire designed by modeling similar studies and consists of two general sections of demographic information and questions related to the structures of protection motivation theory. Questionnaires will be completed by self-report method by study participants.

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Receive a training program on protective behaviors against covid-19 disease

Category

Behavior

2**Description**

Control group: Receive an educational program on increasing the quality of sleep in the elderly

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Hamedan Retirement Center

Full name of responsible person

Roholah Afshar

Street address

no.274, Honarestan blvd, Hamadan city

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info@cspf.ir

Web page address

<http://hamadan.payesh8523.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr. Saeed Bashirian

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Email

m_research@umsha.ac.ir

Web page address

<http://www.umsha.ac.ir/index.aspx>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Majid Barati

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

We do not have a license from the university in this regard

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

Not applicable

Data Dictionary

Not applicable