

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

07 Jul 2026

### Design and evaluation of impact educational intervention Based on Prototype/ Willingness Model on fast food consumption in Students of Rafsanjan city of universities : A Mix Method

#### Protocol summary

##### Study aim

Determining the effect of educational intervention based on the model of perceptions of inclinations on fast food consumption in students of Rafsanjan universities

##### Design

Among the universities, 2 universities will be selected by lot. Then, from each university, a number of faculties will be randomly selected as the intervention group and a number of faculties as the control group, and a number of students will be selected as a class from the faculties of each university. In this way, we select the sample of randomly selected people from different faculties of each university in proportion to their required population and gender.

##### Settings and conduct

First, with the data collection tool (researcher-made questionnaire), pre-test will be performed on students of both intervention and control groups. In the next stage, based on the design, educational interventions will be implemented in the intervention group, in which educational interventions include: holding educational workshops, using lectures with PowerPoint and showing educational clips, group discussion, using educational package, pamphlet, poster to It will be offered for one month. Three months after the educational intervention, a post-test will be performed and the results will be compared and analyzed.

##### Participants/Inclusion and exclusion criteria

Being a student at the university

##### Intervention groups

students of University

##### Main outcome variables

Reduce fast food consumption in students

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20201001048895N1**

Registration date: **2020-10-07, 1399/07/16**

Registration timing: **retrospective**

Last update: **2020-10-07, 1399/07/16**

Update count: **0**

##### Registration date

2020-10-07, 1399/07/16

##### Registrant information

##### Name

Mahmood Mahbobi rad

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3820 9100

##### Email address

mahmoodmahbobi@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-09-23, 1397/07/01

##### Expected recruitment end date

2019-02-01, 1397/11/12

##### Actual recruitment start date

2018-09-23, 1397/07/01

##### Actual recruitment end date

2019-02-01, 1397/11/12

##### Trial completion date

2020-08-26, 1399/06/05

##### Scientific title

Design and evaluation of impact educational intervention

Based on Prototype/ Willingness Model on fast food consumption in Students of Rafsanjan city of universities : A Mix Method

### Public title

Design and evaluation of impact educational intervention Based on Prototype/ Willingness Model on fast food consumption in Students:

### Purpose

Prevention

### Inclusion/Exclusion criteria

#### Inclusion criteria:

student of university

#### Exclusion criteria:

No history of training on fast foods

### Age

No age limit

### Gender

Both

### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: **124**

Actual sample size reached: **124**

### Randomization (investigator's opinion)

Randomized

### Randomization description

From these universities, 2 universities will be selected by lot. Then, from each university, a number of faculties will be randomly selected as the intervention group and a number of faculties as the control group, and we will have a total of 2 intervention groups and 2 control groups. After coordination with the officials of selected universities and then referring to education departments according to In order to calculate the required sample size, a number of students will be selected from the faculties of each university. In this way, we select the sample of randomly selected people from different faculties of each university in proportion to their population and gender.

### Blinding (investigator's opinion)

Not blinded

### Blinding description

#### Placebo

Not used

#### Assignment

Other

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

ethics committee of Shahid Sadoughi University of

medical sciences in Yazd

#### Street address

Alam Square - Anonymous Martyrs Boulevard - Campus of Shahid Sadoughi University of Medical Sciences - Faculty of Health

#### City

yazd

#### Province

Yazd

#### Postal code

۸۹۱۵۱۷۳۱۶۰

#### Approval date

2019-05-06, 1398/02/16

#### Ethics committee reference number

IR.SSU.SPH.REC.1398.012

## Health conditions studied

### 1

#### Description of health condition studied

fast food consumption

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Fast food consumption behavior

#### Timepoint

Before intervention and 3 months after intervention

#### Method of measurement

questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: Holding training workshops, using lectures with PowerPoint and showing educational clips, group discussion, using training packages, pamphlets, posters

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Rafsanjan University of Medical Sciences

##### Full name of responsible person

mahmood mahbubi

**Street address**  
Pistachio Boulevard  
**City**  
RAFSANJAN  
**Province**  
Kerman  
**Postal code**  
7717884117  
**Phone**  
+98 34 3131 5000  
**Fax**  
+98 34 3131 5003  
**Email**  
research.deputy@rums.ac.ir  
**Web page address**  
<http://medical.rums.ac.ir/>

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Yazd University of Medical Sciences  
**Full name of responsible person**  
Seyed Saeed Mazloomi Mahmoodabad  
**Street address**  
Alam Square - Anonymous Martyrs Boulevard -  
Campus of Shahid Sadoughi University of Medical  
Sciences Yazd - Faculty of Health  
**City**  
yazd  
**Province**  
Yazd  
**Postal code**  
۸۹۱۵۱۷۳۱۶۰  
**Phone**  
+98 35 3820 9100  
**Fax**  
+98 35 3820 9119  
**Email**  
ravabet.odb@ssu.ac.ir  
**Web page address**  
<https://web.ssu.ac.ir/Index.aspx?tempname=dbehdashtu&lang=1&sub=13>

#### Grant name

Research projects of Yazd School of Health

#### Grant code / Reference number

112345

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

No

#### Title of funding source

Vice Chancellor for Research, Yazd 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

Yazd University of Medical Sciences

##### Full name of responsible person

سید سعید مظلومی

##### Position

Professor,

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Health Promotion

##### Street address

Alam Square, Anonymous Martyrs Boulevard, Medical Sciences Campus, Faculty of Health

##### City

yazd

##### Province

Yazd

##### Postal code

۸۹۱۵۱۷۳۱۶۰

##### Phone

+98 35 3820 9100

##### Fax

+98 35 3820 9119

##### Email

ravabet.odb@ssu.ac.ir

##### Web page address

<https://web.ssu.ac.ir/page-dbehdasht/fa/13/form/pld8678>

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Yazd University of Medical Sciences

##### Full name of responsible person

: Seyed Saeed Mazloomi Mahmoodabad

##### Position

Professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Health Promotion

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Alam Square - Anonymous Martyrs Boulevard -  
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ravabet.odt@ssu.ac.ir

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Yazd University of Medical Sciences

**Full name of responsible person**

: Seyed Saeed Mazloomi Mahmoodabad

**Position**

Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Health Promotion

**Street address**

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Campus of Shahid Sadoughi University of Medical  
Sciences - Faculty of Health

**City**

yazd

**Province**

Yazd

## 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**

There is no more information

**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