

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

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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

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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

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Other areas of specialty/work

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Web page address

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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

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Latest degree

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Other areas of specialty/work

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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