

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

20 Jun 2026

### The effects of education on knowledge of stroke prevention and attitude towards aging among elderly individuals

#### Protocol summary

##### Study aim

The effect of educational programs on stroke prevention knowledge and attitude towards old age

##### Design

Clinical trial study with control and intervention groups, with parallel groups, one-way blind, 180 elderly were selected by available sampling method.

##### Settings and conduct

This clinical trial study was performed on 180 elderly members of Jahandidegan Center aged 60 years and older who were selected by convenience sampling method and randomly divided into two groups of control and intervention using the computer and this study was a blind one-way study. Only the researcher knew the type of intervention.

##### Participants/Inclusion and exclusion criteria

Admission requirements: Age 60 years or older, ability to understand Persian language, willingness to participate in research, resident of Jahrom, no mental illness:

Exclusion criteria: Failure to attend more than two sessions, unwillingness to cooperate, acute illness and death, history of stroke

##### Intervention groups

The training program for the participants of the intervention group was performed in five groups of 18 people in the form of six sessions of 45 to 60 minutes once a week. During the research period, no educational intervention was performed in the control group. Educational content including aging and related changes, healthy and successful aging, the definition of stroke and its types, diagnostic and therapeutic methods, FAST symptoms and methods of stroke prevention and its risk factors such as nutrition education (blood pressure control and diabetes) ) Was a healthy lifestyle (exercise and smoking cessation).

##### Main outcome variables

Elderly knowledge about stroke and attitudes toward old age

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20211121053137N1**

Registration date: **2021-12-02, 1400/09/11**

Registration timing: **retrospective**

Last update: **2021-12-02, 1400/09/11**

Update count: **0**

##### Registration date

2021-12-02, 1400/09/11

##### Registrant information

##### Name

Afroz Rahmanian

##### Name of organization / entity

The university of Shiraz

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 5427 6232

##### Email address

rahmaniannurse1395@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-05-19, 1397/02/29

##### Expected recruitment end date

2018-06-19, 1397/03/29

##### Actual recruitment start date

2018-05-19, 1397/02/29

##### Actual recruitment end date

2018-06-19, 1397/03/29

##### Trial completion date

2018-06-21, 1397/03/31

## Scientific title

The effects of education on knowledge of stroke prevention and attitude towards aging among elderly individuals

## Public title

The effects of education on knowledge about preventing stroke and attitudes towards aging in the elderly.

## Purpose

Prevention

## Inclusion/Exclusion criteria

### Inclusion criteria:

Age 60 and above Ability to understand Persian language  
The desire to participate in research Inhabitant of this city

### Exclusion criteria:

Not participating in more than two sessions  
Unwillingness to continue cooperation Acute and chronic illness History of stroke Mental illness and cognition

## Age

From **60 years** old to **79 days** old

## Gender

Both

## Phase

3

## Groups that have been masked

- Participant
- Data analyser

## Sample size

Target sample size: **180**

Actual sample size reached: **180**

## Randomization (investigator's opinion)

Randomized

## Randomization description

180 participants were selected by convenience sampling. Then, they were randomly assigned to an intervention and a control group. The intervention and control groups were named A and B. Then, 180 random numbers were selected using a computer. Numbers from 0 to 4 or those with 0-4 as their first digits were assigned to group A, while numbers 5 to 9 or those with 5-9 as their first digits were allocated to group B.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

Participants in the intervention and control groups and data analyzers were blinded and not present.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

## 1

### Ethics committee

#### Name of ethics committee

Ethics Committee of Shiraz University of Medical Sciences

#### Street address

Central Building of Shiraz University of Medical Sciences,Zand st

#### City

Shiraz

#### Province

Fars

#### Postal code

71348-14336

#### Approval date

2018-05-14, 1397/02/24

#### Ethics committee reference number

IR.SUMS.REC.1397.1

## Health conditions studied

## 1

### Description of health condition studied

Knowledge of stroke prevention and attitudes toward aging

#### ICD-10 code

#### ICD-10 code description

CVA

## 2

### Description of health condition studied

Stroke

#### ICD-10 code

#### ICD-10 code description

CVA

## Primary outcomes

## 1

### Description

Stroke prevention knowledge scores

### Timepoint

Beginning of the study (before the start of the intervention) and immediately, one month after the end of the study

### Method of measurement

Researcher-made knowledge questionnaire of stroke prevention

## 2

### Description

Attitudes towards aging scores

### Timepoint

Beginning of the study (before the start of the intervention) and immediately, one month after the end of the study

### Method of measurement

Attitude to Aging Questionn

## Secondary outcomes

1

### Description

No secondary variable

### Timepoint

-

### Method of measurement

-

## Intervention groups

1

### Description

Intervention group: The training program was conducted for the intervention group participants in five 18-member groups in the form of six 45-60-min sessions held once a week. The educational content included old age and the associated changes, healthy and successful aging, the definition of stroke and its types, diagnostic and therapeutic methods, FAST symptoms, and methods of preventing stroke and its risk factors such as nutrition training (control of blood pressure and diabetes) and healthy lifestyle (exercise and quitting smoking).

### Category

Prevention

2

### Description

Control group participants received only routine centre programs.

### Category

Other

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Jahandidegan Center of Jahrom

#### Full name of responsible person

Afroz Rahmanian

#### Street address

Bostan Jahandidegan, Khayam Street

#### City

Jahrom

#### Province

Fars

#### Postal code

7418895323

#### Phone

+98 71 5423 6313

#### Fax

#### Email

mansoorip@sums.ac.ir

#### Web page address

<https://images.app.goo.gl/zPU3erP62A8di1am6>

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Shiraz University of Medical Sciences

#### Full name of responsible person

Poust FroushFard Ali

#### Street address

The central Building, Shiraz university of Medical Sciences,Zand St

#### City

Shiraz

#### Province

Fars

#### Postal code

7167653599

#### Phone

+98 71 2438 0797

#### Email

Rahmaniannurse1395@gmail.com

#### Web page address

<https://images.app.goo.gl/zPU3erP62A8di1am6>

### Grant name

-

### Grant code / Reference number

-

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

Yes

### Title of funding source

Shiraz 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

Shiraz University of Medical Sciences

#### Full name of responsible person

Mansoori Parisa

#### Position

Master of Nursing(Medical and Surgical)

#### Latest degree

Master

#### Other areas of specialty/work

Nursery

#### Street address

School of Nursing & Midwifery Shiraz, Namazee sq

#### City

Shiraz

**Province**

Fars

**Postal code**

7193613119

**Phone**

+98 71 4736 5442

**Email**

mansoorip@sums.ac.ir

**Web page address**<https://images.app.goo.gl/zPU3erP62A8di1am6>**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Mansoori Parisa

**Position**

Master of Nursing(Medical &amp; Surgical)

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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**Web page address**<https://images.app.goo.gl/zPU3erP62A8di1am6>**Person responsible for updating data****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

**Full name of responsible person**

Mansoori. Parisa

**Position**

Master of Nursing (Medical &amp; Surgical)

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

**Street address**

School of Nursing &amp; Midwifery Shiraz Namaze sq

**City**

Shiraz

**Province**

Fars

**Postal code**

71936-13119

**Phone**

+98 71 4736 5442

**Email**

mansoorip@sums.ac.ir

**Web page address**<https://images.app.goo.gl/zPU3erP62A8di1am6>**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available