

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Aug 2026

Development and evaluation of education intervention based on Extended Parallel Process Model in adopting preventive behaviors of Metabolic syndrome among employees

Protocol summary

Study aim

Determining the effect of the education intervention based on Extended Parallel Process Model in adopting preventive behaviors of Metabolic syndrome among employees in Rafsanjan University of Medical Sciences

Design

From the list of staff of Rafsanjan University of Medical Sciences, 144 employees will be selected and randomly assigned to the control and the intervention group. Will be use block size 4 to randomization.

Settings and conduct

Setting: Rafsanjan University of Medical Sciences.
Conduct: One hundred fourteen employees will be selected and randomly assigned to the control and the intervention group. The two groups completed the questionnaires. Educational sessions will be developed based on the pretest results and will be conducted for the participants in the intervention group. Six months after the intervention, the two groups will be followed and completed the questionnaires again. Finally, the data will be analyzed.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Employment in administrative departments of Rafsanjan University of Medical Sciences and not having academic degree in health, paramedical and medical fields
Exclusion criteria: Pregnancy, breastfeeding, history of diagnosed metabolic syndrome, history of endocrine disorders and immunodeficiency, substance abuse, consumption of weight reduction medications, history of diagnosed atherosclerosis and having a specific diet or exercise to control a specific illness

Intervention groups

Intervention group: Instruction sessions in terms of metabolic syndrome will be developed and delivered to the study participants. Control group: No intervention.

Main outcome variables

Primary outcomes: Increasing behaviors of study participants to prevention of metabolic syndrome
Secondary outcomes: Modifying the attitude and beliefs of participants about metabolic syndrome

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110727007132N21**

Registration date: **2022-02-02, 1400/11/13**

Registration timing: **prospective**

Last update: **2022-02-02, 1400/11/13**

Update count: **0**

Registration date

2022-02-02, 1400/11/13

Registrant information

Name

Tahereh Dehdari

Name of organization / entity

Iran University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 2188779118263

Email address

t-dehdari@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-08-23, 1401/06/01

Expected recruitment end date

2024-03-19, 1402/12/29

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Development and evaluation of education intervention based on Extended Parallel Process Model in adopting preventive behaviors of Metabolic syndrome among employees

Public title
Development and evaluation of education intervention based on Extended Parallel Process Model in adopting preventive behaviors of Metabolic syndrome among employees

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Employing in the administrative departments of Rafsanjani University of Medical Sciences Not having academic degree in health, paramedical and medical fields
Exclusion criteria:
pregnancy Breastfeeding History of diagnosed metabolic syndrome History of endocrine disorders and immunodeficiency Substance abuse Consumption of weight reduction medications History of diagnosed atherosclerosis

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **144**

Randomization (investigator's opinion)
Randomized

Randomization description
The administrative employee list of Rafsanjan University of Medical Sciences (with the exception of the faculty members) is available to researchers. We will select 144 people from this list at random and then randomly assign these individuals to the experimental and control groups. For randomization we will use block size 4. With a sample size of 144, 36 blocks of size 4 will be produced based on this online software: www.sealedenvelope.com.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

There is no special characteristic in this study.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Iran University of Medical Sciences and Health Services

Street address

Iran University of Medical Sciences, Shahid Hemmat Highway

City

Tehran

Province

Tehran

Postal code

1449614535

Approval date

2022-01-01, 1400/10/11

Ethics committee reference number

IR.IUMS.REC.1400.851

Health conditions studied

1

Description of health condition studied

Metabolic syndrome

ICD-10 code

E88.81

ICD-10 code description

Metabolic syndrome

Primary outcomes

1

Description

Increasing the behavior of study participants in terms of prevention of metabolic syndrome

Timepoint

Before and six months after the intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Modifying the attitude of study participants in terms of metabolic syndrome

Timepoint

Before and six months after the intervention

Method of measurement

questionnaire

2

Description

Increasing the perceived susceptibility of study participants in terms of metabolic syndrome

Timepoint

Before and six months after the intervention

Method of measurement

questionnaire

3

Description

Increasing the perceived severity of study participants in terms of metabolic syndrome

Timepoint

Before and six months after the intervention

Method of measurement

questionnaire

4

Description

Increasing the fear of study participants in terms of metabolic syndrome

Timepoint

Before and six months after the intervention

Method of measurement

questionnaire

5

Description

Decreasing the defensive mechanisms of study participants in terms of metabolic syndrome

Timepoint

Before and six months after the intervention

Method of measurement

questionnaire

6

Description

Increasing the perceived self-efficacy of study participants in terms of metabolic syndrome

Timepoint

Before and six months after the intervention

Method of measurement

questionnaire

7

Description

Increasing the response efficacy of study participants in terms of metabolic syndrome

Timepoint

Before and six months after the intervention

Method of measurement

questionnaire

8

Description

Increasing the intention of study participants in terms of prevention of metabolic syndrome

Timepoint

Before and six months after the intervention

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group: According to pre-test results, educational intervention in terms of metabolic syndrome will be developed and conducted for the study participants in the intervention group. Educational intervention based on the structures of the Extended Parallel Process Model in the form of a 4-hour online workshop in 8 sessions (general content of the sessions: Familiarity and study of risk factors of metabolic syndrome, identification of sensitivities and perception of conditions, education based on perception, familiarity with complications and sensitivities, assessing the individual's awareness to provide training, familiarity with changing behavior and healthy lifestyle, evaluating the knowledge and training given in these sessions, familiarizing the individual with the effects of metabolic syndrome, determining the effectiveness of training) and presenting a pamphlet (definition of the metabolic syndrome and its criteria and consequences - Lifestyle Modification Behaviors) will be designed to address lifestyle modification measures to prevent metabolic syndrome. This training will be done for people in the intervention group.

Category

Behavior

2

Description

Control group: Control group: No intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr. Vahid Mohammadi Shahrokhi

Street address

Rafsanjan University of Medical Sciences, Hazrat Ali Ibn Abi Talib (AS) Blv

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Province

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7717933777
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office@rums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Dr. Hossein Kaivani
Street address
Iran university of medical sciences, Shahid Hemmat highway
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Tehran
Province
Tehran
Postal code
1449614535
Phone
+98 21 8670 2504
Email
research@iums.ac.ir
Web page address
<https://iums.ac.ir>

Grant name

Grant code / Reference number

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

No

Title of funding source

Iran 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
Iran University of Medical Sciences
Full name of responsible person
Dr. Tahereh Dehdari
Position
Associate professor
Latest degree
Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for updating data

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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

The results only will be published in the article.

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

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

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable