

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparing the effectiveness of the peer-guide educational model based on social-cognitive theory and regular education on health-related behaviors and its determinants in high school girls.

Protocol summary

Study aim

1) Comparison of the frequency distribution of students in the intervention groups and comparison in terms of demographic variables before the intervention 2) Determining and comparing the average scores of knowledge, outcome expectations, self-efficacy, self-control, social support and behavior of students in the field of puberty health, before and after the educational intervention, within and between the intervention and comparison groups.

Design

A semi-experimental study has an experimental group and a control group, without blinding, randomized (lottery), the study phase does not exist.

Settings and conduct

Field of training: pubertal health, place of implementation: 4 high schools for girls in Ganaveh city, method of work: training of peer educators during four training sessions, completion of pre-test questionnaire in both experimental and control groups, implementation of different educational intervention in two groups, completion of post-test questionnaire Test, entering information from questionnaires into spss software and analyzing the results

Participants/Inclusion and exclusion criteria

Entry requirements: resident of Ganaveh, 11th grade student, agree to participate in the study, complete the informed consent form Conditions of non-entry: non-agreement to participate in the study, the presence of severe physical or psychological problems in the student

Intervention groups

1) 8 sessions of peer-guide training based on cognitive-social theory during two months in the experimental group 2) 8 regular training sessions (outside the framework of theory and without the leadership of peer trainers) in the control group

Main outcome variables

knowledge, outcome expectations, self-efficacy, self-control, social support, behavior

General information

Reason for update

Acronym

-

IRCT registration information

IRCT registration number: **IRCT20211222053487N1**

Registration date: **2022-09-18, 1401/06/27**

Registration timing: **prospective**

Last update: **2022-09-18, 1401/06/27**

Update count: **0**

Registration date

2022-09-18, 1401/06/27

Registrant information

Name

Khadije Rezvany

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 77 3314 3908

Email address

khvany1368@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-23, 1401/07/01

Expected recruitment end date

2023-01-05, 1401/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of the peer-guide educational model based on social-cognitive theory and regular education on health-related behaviors and its determinants in high school girls.

Public title

Investigating the effect of peer-guide educational intervention based on cognitive-social theory on behaviors related to puberty health and its determinants

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

11th grade student Resident of Gnave city Consent to participate in the study Completing the informed consent form

Exclusion criteria:

Failure to agree to participate in the study Having a severe physical or psychological problem in the student

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **240****Randomization (investigator's opinion)**

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**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

Administration Building, University of Medical

Sciences, Zand St., Shiraz, Iran

City

Shiraz

Province

Fars

Postal code

7134814336

Approval date

2022-07-03, 1401/04/12

Ethics committee reference number

IR.SUMS.SCHEANUT.REC.1401.055

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

Puberty health behavior

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Puberty health related behavior score

Timepoint

At the beginning of the study (before the start of the intervention) and one month after the end of the intervention

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

Knowledge score related to pubertal health

Timepoint

At the beginning of the study (before the start of the intervention) and one month after the end of the intervention

Method of measurement

Questionnaire

2**Description**

Puberty health-related outcome expectations score

Timepoint

At the beginning of the study (before the start of the intervention) and one month after the end of the intervention

Method of measurement

Questionnaire

3**Description**

Self-efficacy score related to puberty health

Timepoint

At the beginning of the study (before the start of the intervention) and one month after the end of the intervention

Method of measurement

Questionnaire

4

Description

Self-control (self-regulation) score related to pubertal health

Timepoint

At the beginning of the study (before the start of the intervention) and one month after the end of the intervention

Method of measurement

Questionnaire

5

Description

Social support score related to pubertal health

Timepoint

At the beginning of the study (before the start of the intervention) and one month after the end of the intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention group: 120 11th grade female students in Ganaveh city; Iran. Puberty health training based on peer-leader technique during 8 sessions of 45 minutes for one month; Application of cognitive-social theory

Category

Behavior

2

Description

Control group: 120 11th grade female students in Ganaveh, Iran. Regular education (outside the framework of peer-guide technique and cognitive-social theory) puberty health during 8 sessions for one month

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Kausar Girls' High School

Full name of responsible person

Samanbar Javideh

Street address

Pasdaran Street

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2

Recruitment center

Name of recruitment center

Hijab Girls' High School

Full name of responsible person

Soghra Tolideh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz university of medical sciences

Full name of responsible person

Dr. Mahtab Memarpour

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Web page address

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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

Khadije Rezvany

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Latest degree

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Other areas of specialty/work

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Fax**Email**

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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