

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Evaluating effectiveness of a family-based intervention on fruit and vegetable intake in female middle school students in district 7, Tehran

Protocol summary

Summary

Diets consisted of adequate amount of fruits and vegetables have many health benefits. However studies have shown that intake of fruits and vegetables in female adolescents in Tehran is less than recommended. Family is one of the most important social units in shaping children and adolescents eating behaviors. This study aimed to evaluate the effectiveness of a family-based intervention on fruit and vegetable intake of female adolescents. This family-based community trial is designed on the basis of social cognitive theory, and is performed on 300 female middle school students in grades 6 and 7 together with their parents (150 in intervention and 150 in control group). Inclusion criteria: being enrolled in grades 6 and 7 of selected schools; self and parental consent to take part in the study. Exclusion criteria: none. Intervention consists of 3 educational sessions for the parents, including group discussions and introducing educational materials. Adolescents' intake of fruits and vegetables is assessed through 24 hour recall and food frequency questionnaire pre and post intervention. Constructs of social cognitive theory, including knowledge, attitude, preference, observational learning and self efficacy are also assessed through related self-administered questionnaires in both time points. Differences in values pre and post intervention are analysed. The primary outcome would be an increase in fruit and vegetable consumption among students.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201106286150N2**

Registration date: **2011-07-11, 1390/04/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-07-11, 1390/04/20

Registrant information

Name

Dolly Bondarianzadeh

Name of organization / entity

National Nutrition and Food Technology Research Institute

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

National Nutrition and Food Technology Research Institute

Expected recruitment start date

2010-12-11, 1389/09/20

Expected recruitment end date

2011-01-20, 1389/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating effectiveness of a family-based intervention on fruit and vegetable intake in female middle school students in district 7, Tehran

Public title

Evaluation of a family-based intervention on fruit and vegetable intake in female middle school students in

district 7, Tehran

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: being enrolled in grades 6 and 7 of selected schools; self and parental consent to take part in the study. Exclusion criteria: none.

Age

From **10 years** old to **13 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **300**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

The study is designed based on the constructs of Social Cognitive Theory.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee - National Nutrition and Food Technology Research Institute

Street address

46 West Arghavan St., Farahzadi Blvd., Shahrak Qods

City

Tehran

Postal code

1981619573

Approval date

2011-03-05, 1389/12/14

Ethics committee reference number

1014

Health conditions studied

1

Description of health condition studied

Problem related to social environment, unspecified

ICD-10 code

Z60.9

ICD-10 code description

Problem related to social environment, unspecified

Primary outcomes

1

Description

increase in fruit and vegetable intake

Timepoint

4 months

Method of measurement

24 hour recall and food frequency questionnaire

Secondary outcomes

1

Description

constructs of the Social Cognitive Theory

Timepoint

4 months

Method of measurement

self-administered questionnaire

Intervention groups

1

Description

Intervention: parents in the intervention group will receive nutrition education to increase the availability and consumption of fruit and vegetables for their children at home.

Category

Behavior

2

Description

Control: no intervention is carried out.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Department of Education Office in district 7, Tehran, Health and Nutrition unit & 2 selected middle

Full name of responsible person

Ms Parishan

Street address

#37, Sh. Hamidi St., Sh. Kaboli St., Seid Khandan

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

National Nutrition and Food Technology Research Institute

Full name of responsible person

Dr Majid Hajifaraji

Street address

46 West Arghavan St., Farahzadi Blvd., Shahrak Qods

City

Tehran

Grant name

Grant code / Reference number

1014

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

Yes

Title of funding source

National Nutrition and Food Technology Research Institute

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Faculty of Nutrition Sciences and Food Technology – Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr Nasrin Omidvar

Position

Associate Professor/ PhD

Other areas of specialty/work

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty
Clinical Study Report
empty
Analytic Code

empty
Data Dictionary
empty