

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Sep 2026

Assessing the effectiveness of educational interventions based on the theory of planned behavior (TPB) on the physical activity levels of female employees in the administrative department of Faculty of Medicine and Dentistry, Shiraz University of Medical Sciences in 1392

Protocol summary

Summary

In this pre- and post-test quasi-experimental research, 225 female staff of Shiraz University of Medical Sciences were selected through two-stage simple random sampling and divided into an intervention (n=122) and a control group (n=103). The inclusion criteria were the age of 25-55 years, formal, semi-formal, or contractual employment and the exclusion criteria were unwillingness to participate. The data were collected using 3 self-administered questionnaires to measure the demographic variables, TPB constructs, and physical activity, and a trial on knowledge assessment. The intervention group received educational interventions, including workshop, demonstration, group work, automated SMS, email, and poster presentations. The data, were collated 2 and 8 weeks after the educational intervention using self-administered questionnaires: regarding model constructs, knowledge, physical activity, and demographic characteristics.

General information

Acronym

TPB(Theory planned behavior)

IRCT registration information

IRCT registration number: **IRCT201408126261N4**

Registration date: **2014-08-18, 1393/05/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-08-18, 1393/05/27

Registrant information

Name

Mohammad Hussein Kaveh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 1001

Email address

kaveh@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-07-23, 1392/05/01

Expected recruitment end date

2013-09-22, 1392/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effectiveness of educational interventions based on the theory of planned behavior (TPB) on the physical activity levels of female employees in the administrative department of Faculty of Medicine and Dentistry, Shiraz University of Medical Sciences in 1392

Public title

Effect of an educational intervention on physical activity

Purpose

Health service research

Inclusion/Exclusion criteria

inclusion criteria:age of 25-55 years ;formal, semi-formal,

or contractual employment. exclusion criteria:
unwillingness to participate; being retired or
translocated; suffering from with musculoskeletal
disorders, cardiovascular diseases, or diabetes

Age

From **25 years** old to **55 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **225**

Randomization (investigator's opinion)

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

Shiraz University of Medical Sciences

Street address

Shiraz

City

Shiraz

Postal code

Approval date

2013-10-08, 1392/07/16

Ethics committee reference number

CT-92-6674

Health conditions studied

1

Description of health condition studied

physical activity

ICD-10 code

Z72.3

ICD-10 code description

Lack of physical exercise

Primary outcomes

1

Description

Change Blood Pressure

Timepoint

8 weeks after the intervention

Method of measurement

by using a digital sphygmomanometer

2

Description

physical activity

Timepoint

2 and 8 weeks after the intervention

Method of measurement

International Physical Activity Questionnaire

3

Description

Change scores structures theory of planned behavior

Timepoint

2 and 8 weeks after the intervention

Method of measurement

self-administered questionnaires

Secondary outcomes

empty

Intervention groups

1

Description

Don't intervention in control group

Category

N/A

2

Description

The intervention group in during 8 weeks received educational interventions, including workshop, demonstration, group work, automated SMS, email, and poster presentations

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Medicine

Full name of responsible person

Dr.khosravi

Street address

Shiraz

City

Shiraz

2

Recruitment center

Name of recruitment center

School of Dentistry

Full name of responsible person

Dr.Azar

Street address

Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Ali Poost Froosh

Street address

Shiraz

City

Shiraz

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

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

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Hossein Kaveh

Position

PHD of Health Education and Promotion

Other areas of specialty/work**Street address**

Shiraz University of Medical Sciences, school of public health, department of Health Education and Promotion

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Person responsible for updating data

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Full name of responsible person

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Web page address

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