

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

28 Jun 2026

### Effectiveness of self-efficacy theory on physical activity and perceived wellness among female staff

#### Protocol summary

##### Summary

The purpose of the study: the study of effectiveness of physical activity self-efficacy on perceived wellness  
Design of the study: randomized, Uncontrolled by medication, Multicenter  
Entry Requirements: Women employees that working in Shiraz District Health services, tend to cooperate  
Exclusion criteria: Withdrew from the study  
Target sample size: 84  
Intervention study: Effectiveness of self-efficacy theory on physical activity and perceived wellness  
time of intervention: 2/2/2015 to 15/4/2015  
study's outcom: expected that perceived wellness of women employees improved after intervention  
physical activity self- efficacy

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201502146261N7**  
Registration date: **2016-01-19, 1394/10/29**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-01-19, 1394/10/29

##### 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

Vice chancellor for research Shiraz University of Medical Science

##### Expected recruitment start date

2015-02-02, 1393/11/13

##### Expected recruitment end date

2015-04-15, 1394/01/26

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effectiveness of self-efficacy theory on physical activity and perceived wellness among female staff

##### Public title

effectiveness of physical activity self-efficacy on perceived wellness

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

Inclusion criteria: Women employees that working in Shiraz District Health services; Women employees except for the services; tend to cooperate; lack of physiological treatment. Exclusion criteria: non Participate in the test; Absence during classes; Withdrew from the study This means that Participated in the pretest but non participate in post test.

##### Age

No age limit

##### Gender

Female

##### Phase

N/A

##### Groups that have been masked

No information

## Sample size

Target sample size: 84

## Randomization (investigator's opinion)

N/A

## Randomization description

### Blinding (investigator's opinion)

Not blinded

### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

## Other design features

The sample was divided in both intervention and control groups with Sealed envelope method.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

##### Street address

Office central building Shiraz University of Medical science, across the flystin street, Zand Ave, Shiraz, Iran

##### City

Shiraz

##### Postal code

7134814336

#### Approval date

2015-01-31, 1393/11/11

#### Ethics committee reference number

93-7315

## Health conditions studied

### 1

#### Description of health condition studied

perceived wellness

#### ICD-10 code

XXI

#### ICD-10 code description

Persons encountering health services for examination and investigation

## Primary outcomes

### 1

#### Description

women employees` s perceived wellness

#### Timepoint

Pre-test before training And post-test Immediately after training and a month after training

## Method of measurement

questionnaires

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group: 5 training sessions will be held on the basis of self-efficacy theory. The duration of each session is 60 minutes. Various training sessions, respectively, pamphlets, posters, manuals, training videos and incentives are given to the target group

#### Category

Behavior

### 2

#### Description

control group: Pre tested and then given a leaflet and again after a period of two months will be a test post

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

enghelab Health Center and valfagr Health Center

##### Full name of responsible person

jeiran ostovarfar

##### Street address

Shiraz health center(Enghelob), Gateway Kazeroon, Sibawayh Blvd Shiraz health center(Valfajr), West Coast street

##### City

Shiraz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Full name of responsible person

Vice chancellor for research and technology Shiraz University of Medical Sciences

##### Street address

Shiraz University of Medical Sciences

##### 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****Name of organization / entity**

Shiraz University of Medical Sciences, School of Health

**Full name of responsible person**

jebran Ostovarfar

**Position**

M.Sc student

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**Postal code****Phone**

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jearanostovar@yahoo.com

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

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**Full name of responsible person**

Mohammad Hussein Kaveh

**Position**

Associate Professor

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

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Shiraz University of Medical Sciences, School of Health

**Full name of responsible person**

Mohamad hussein kaveh

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Associate Professor

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**Postal code****Phone**

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**Fax****Email**

schealth@sums.ac.ir kaveh@sums.ac.ir

**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*