

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

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

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Associate Professor

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Associate Professor

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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