

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Investigating the effect of educational intervention on the promotion of arthritis prevention behaviors in middle-aged women is a combination of health belief model and social cognitive theory in the intervention group and the control group, and the intervention takes place in several training sessions, and after the intervention two weeks and 3 months later Questionnaires are completed.

Protocol summary

Study aim

Promotion of preventive behaviors of arthritis in middle-aged women

Design

In this study, sampling is done in two stages, so that at first two centers are selected from among 10 centers and comprehensive health service base of Barazjan city by simple random method (lottery) and then one is selected randomly from among the two centers. The center is considered for the implementation of the educational intervention and the other as the control. And the samples are randomly selected.

Settings and conduct

The research is conducted in the city of Barazjan and in two centers, one intervention group and the other control group and random samples.

Participants/Inclusion and exclusion criteria

Entry criteria: • People aged 30 to 59 years • Having health records in comprehensive health service centers • Being literate in reading and writing • Living in Barazjan city • Not having cognitive, perceptual and mental health problems based on people's health records • Not having a medical contraindication (physical disability such as amputation of the lower limbs, congenital deviations in the joints of the lower limbs, paralysis of the lower limbs, joint rheumatism, etc.) in such a way that they cannot perform arthritis prevention behaviors such as physical activity. • Absence of p

Intervention groups

The interventions are in the form of training for the intervention group and we have a control group

Main outcome variables

Anti-arthritis drugs Consciousness Efficacy Perceived

sensitivity Perceived intensity Perceived benefits
Perceived barriers Self-regulatory social support Age
marriage age Level of Education Job marital status

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230424057980N1**

Registration date: **2023-07-12, 1402/04/21**

Registration timing: **retrospective**

Last update: **2023-07-12, 1402/04/21**

Update count: **0**

Registration date

2023-07-12, 1402/04/21

Registrant information

Name

Farideh Angali dehnoei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 77 3425 1757

Email address

angalidehnoei@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-24, 1402/02/04
Expected recruitment end date
2023-04-24, 1402/02/04
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title

Investigating the effect of educational intervention on the promotion of arthritis prevention behaviors in middle-aged women is a combination of health belief model and social cognitive theory in the intervention group and the control group, and the intervention takes place in several training sessions, and after the intervention two weeks and 3 months later Questionnaires are completed.

Public title

Investigating the effect of educational intervention on the promotion of arthritis prevention behaviors in middle-aged women is a combination of health belief model and social cognitive theory in the intervention group and the control group, and the intervention takes place in several training sessions, and after the intervention two weeks and 3 months later Questionnaires are completed.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

People aged 30 to 59 years Having health records in comprehensive health service centers Being literate in reading and writing Living in Barazjan city Not having cognitive, perceptual and mental health problems based on people's health records Not having a medical prohibition (physical disability such as amputation of the lower limb) Absence of pregnancy and breastfeeding Willingness to participate in the study

Exclusion criteria:

Pregnancy and breastfeeding People under 30 years old and over 59 years old Unwillingness to participate in the study

Age

From **30 years** old to **59 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, sampling is done in two stages, so that at first two centers are selected from among 10 centers and comprehensive health service base of Barazjan city by simple random method (lottery) and then one is selected randomly from among the two centers. The center is considered for the implementation of the educational

intervention and the other as the control. Then, by referring to the two selected centers, the study begins. After entering the centers and for sampling from the selected centers, the names of middle-aged women (30 to 59 years old) are extracted through the integrated health system (SIB) and after that the summary of their electronic file is checked for evaluation and this list is prepared and It will enter the Excel file. In the following, from the beginning of the list prepared based on the names of women who meet the criteria for entering the study, they will be contacted randomly and will be checked for the study and also their willingness to participate in the study. This process continues until the required sample volume is reached. In this way, a sample with the necessary volume of all women who meet the criteria for entering the study will be prepared and they will be invited to register in the research as the final sample.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Bushehr University of Medical Sciences

Street address

Bushehr province, Barazjan city, Irshad street, 9 Irshad street, door 5

City

Borazjan

Province

Boushehr

Postal code

756186913305

Approval date

2023-04-25, 1402/02/05

Ethics committee reference number

IR.BPUMS.REC.1402.006

2

Ethics committee

Name of ethics committee

Ethics Committee of Bushehr University of Medical Sciences

Street address

Bushehr province - Barazjan city - Irshad street - Irshad alley 9

City

Borazjan
Province
Boushehr
Postal code
7561869133
Approval date
2023-04-25, 1402/02/05
Ethics committee reference number
IR.BPUMS.REC.1402.006

Health conditions studied

1

Description of health condition studied

Investigating the effect of educational intervention on arthritis prevention behaviors among middle-aged women of Borazjan city: a synthesis of health belief model and social cognitive theory

ICD-10 code

مطالعه من

ICD-10 code description

مطالعه من تاثیر مداخله آموزش بر رفتارهای پیشگیری کننده از آرتروز می باشد.

Primary outcomes

1

Description

Behaviors that prevent arthritis.

Timepoint

Measurement at the beginning of the study and 2 weeks and 3 months

Method of measurement

It is a questionnaire.

Secondary outcomes

1

Description

Consciousness

Timepoint

At the beginning of the study and 2 weeks and 3 months

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group: Intervention group: they are given face-to-face training in 6 sessions.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Comprehensive health service center

Full name of responsible person

Farida Angali Dehnoei

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Bushehr Province - Barazjan City - Irshad St. - Irshad 9

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Email

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Boushehr University of Medical Sciences

Full name of responsible person

Bushehr University of Medical Sciences

Street address

Bushehr province - Barazjan city - Irshad street - Irshad alley 9

City

Borazjan

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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

Boushehr 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

Boushehr University of Medical Sciences

Full name of responsible person

Mahnoosh Raisi

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Boushehr University of Medical Sciences

Full name of responsible person

Mahnoosh Raisi

Position

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person

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Other areas of specialty/work

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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