

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

The effect of educational intervention based on self-efficacy theory in oral and dental health behaviors students

Protocol summary

Study aim

Determining "the effect of educational intervention based on self-efficacy theory on oral and dental health behaviors of Kashan students"

Design

This study is conducted in girls' schools of Kashan city and in the seventh grade. 80 samples were selected by simple random and divided into 2 intervention groups (40 people) and control (40 people) by simple random method. The intervention group receives targeted training, but the control group does not receive any training.

Settings and conduct

In this process, the following three main steps will be carried out. A: Pre-test B: educational intervention A: After the test Both the intervention and control groups completed the pre-test and post-test, but the intervention group received educational intervention and the control group did not receive any intervention.

Participants/Inclusion and exclusion criteria

1- 7th grade female students 2- They are studying 3- Having informed consent to participate in the study Failure to enter the study: They missed more than one session of this course and due to migration from Kashan city, they are excluded from the study.

Intervention groups

The intervention group is trained about self-care behaviors of oral and dental health by participating in educational sessions.

Main outcome variables

Awareness, attitude, self-efficacy and self-care behaviors regarding oral and dental hygiene

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180827040889N1**

Registration date: **2024-01-27, 1402/11/07**

Registration timing: **retrospective**

Last update: **2024-01-27, 1402/11/07**

Update count: **0**

Registration date

2024-01-27, 1402/11/07

Registrant information

Name

Akram Mehtaritaheri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 5554 3123

Email address

akrammehtari@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-11-21, 1402/08/30

Expected recruitment end date

2023-12-21, 1402/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on self-efficacy theory in oral and dental health behaviors students

Public title

The effect of education on oral health

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

1- 7th grade female students 2- They are studying 3- Having informed consent to participate in the study

Exclusion criteria:

They missed more than one session of this course They are excluded from the study due to migration from Kashan city.

Age

From **11 years** old to **14 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling in the second stage of the research is simple random sampling. A list of 37 girls' schools of the first secondary level of Kashan city will be prepared and the schools will be divided into 4 clusters, north, south, east and west, and one cluster will be selected from among these 4 clusters in a simple selection by lottery method. The lottery method is that we write the names of 4 clusters on 4 pieces of paper and put it inside a closed envelope, and a person who is not present in the study is asked to choose a paper from the papers inside the envelope. In this way, one cluster is selected from 4 clusters. In this selected cluster, 2 schools will be randomly selected by lottery. Then in each school from the list of classes, a class from the seventh grade will be selected randomly and 40 students will be in the test group and 40 students will be in the control group.

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

Ethics Committee of Tarbiat Modares University

Street address

Mansoori Nik Street, next to the Real Estate Registry Office, Jihad Square, Kashan

City

Kashan

Province

Isfahan

Postal code

8714944186

Approval date

2023-05-28, 1402/03/07

Ethics committee reference number

IR.MODARES.REC.1402.052

Health conditions studied

1

Description of health condition studied

Tooth Decay

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Adopting behaviors to prevent dental caries in students

Timepoint

Before and 3 months after the educational intervention in the intervention and control groups

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Increasing awareness, attitude and self-efficacy and self-care in oral health behaviors

Timepoint

Before and after the intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention group: educational content and educational program will be available only to the test group for a period of one month. The intervention includes face-to-face training sessions to increase knowledge, attitude, performance and self-efficacy in oral and dental health behaviors and is also taught through virtual space.

Category

Lifestyle

2

Description

Control group: during the intervention period, the control group will not receive any training; According to the ethics in the research, at the end of the study, the educational content will be provided to the control group. After three months of the educational intervention, the questionnaire will be completed by two test and control groups.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

7th grade in girls' schools of Kashan city

Full name of responsible person

Department of Education, Mr. Ali Mohammad Bar-Vorush

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Kashan, Jihad Square

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Tarbiat Modares University of Tehran

Full name of responsible person

Mr. Farhad Daneshjoo

Street address

Tarbiat Modares University, Paul Nasr, Jalal Al Ahmad, Tehran

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1411713116

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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

Tarbiat Modares University of Tehran

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**

Kashan University of Medical Sciences

Full name of responsible person

Akram Mehtari Taheri

Position

PhD student in health education

Latest degree

Master

Other areas of specialty/work

Health Promotion

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

Kashan University of Medical Sciences

Full name of responsible person

Akram Mehtari Taheri

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PhD student in health education

Latest degree

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Other areas of specialty/work

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

Kashan University of Medical Sciences

Full name of responsible person

Akeam Mehtari Taheri

Position

PhD student in health education

Latest degree

Master

Other areas of specialty/work

Health Promotion

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Province

Isfahan

Postal code**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available