

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of health education based on Penders, health promotion model for increasing dairy products consumption among female students

Protocol summary

Summary

This study is a quasi-experimental study to evaluate the impact of health education on the basis of health promotion model to increase dairy intake Hashtgerd second grade girls in the school year 94_1393 done. Sampling, cluster sampling is. Thus, the girls' schools, 2 schools were randomly selected and randomly divided into experimental and control groups. The pre-test to measure the improvement of health structures in both experimental and control groups performed. In the next phase of planning and preparation of appropriate educational package, according to the results of the tests carried out and will be carried out.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201502037132N9**

Registration date: **2015-03-13, 1393/12/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-03-13, 1393/12/22

Registrant information

Name

Tahereh Dehdari

Name of organization / entity

Iran University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 2188779118263

Email address

t-dehdari@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences and Health Services

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-01-21, 1393/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of health education based on Penders, health promotion model for increasing dairy products consumption among female students

Public title

The effect of health education based on Penders, health promotion model for increasing dairy products consumption among female students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria for this study were as follows: agreement to participate in the study, Exclusion criteria: the absence of limiting consumption of dairy products such as lactose intolerance; allergy to dairy proteins; metabolic diseases such as Galaktvzvmly or phenylketonuria.

Age

From **79 years** old to **80 years** old

Gender

Female

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: **142**

Randomization (investigator's opinion)
N/A

Randomization description

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

Iran University of Medical Sciences and Health Services

Street address

Shahid Hemmat Highway, Iran University of Medical Sciences

City

Shahid Hemmat Highway, Iran University of Medical Sciences

Postal code

Approval date

2011-02-03, 1389/11/14

Ethics committee reference number

25483

Health conditions studied

1

Description of health condition studied

Dairy consumption

ICD-10 code

XXII Codes

ICD-10 code description

XXI Factors influencing health status and contact with health services

Primary outcomes

1

Description

dairy products consumption

Timepoint

1 month after the intervention

Method of measurement

Scale

Secondary outcomes

empty

Intervention groups

1

Description

No intervention control group.

Category

N/A

2

Description

Intervention group: Performing educational intervention .The educational intervention content and educational planning will be designed based on pre-test results.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Jalall school

Full name of responsible person

Street address

City

Hashtgerd

2

Recruitment center

Name of recruitment center

Effaf school

Full name of responsible person

Street address

City

Hashtgerd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences and Health Services

Full name of responsible person

dehdari

Street address

Tehran

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Iran University of Medical Sciences and Health Services

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
Iran University of Medical Sciences and Health Services

Full name of responsible person
Tahereh Dehdari

Position
Ph.D

Other areas of specialty/work

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Person responsible for updating data

Contact

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