

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Influence of educational intervention based on social cognitive theory to promote fruit and vegetable consumption among elementary school students

Protocol summary

Summary

This study was performed in 2011 to consider effectiveness of an educational intervention based on social cognitive theory on increasing consumption of fruit and vegetable among grade 4 students of Isfahan. In present study, 138 students were randomly divided to intervention and control group. Data of two groups were collected before and three months after educational intervention. A self-administered questionnaire based on constructs of social cognitive theory (including behavioral capability, outcome expectations, self-efficacy in difficult situations, self-efficacy in selecting fruit and vegetable, access to fruit and vegetable, social support, observational learning and preferences) and food record questionnaire were used for data gathering. Validity and reliability stages were accomplished for the tools. Theory-based nutrition education was performed for intervention group in 4 educational sessions (60 minutes per each session) during 4-week period for students and 2 educational sessions (50 minutes per each session) for parents and teachers. All students participated in this study voluntarily and with informed consent. Also, their families' consent was obtained.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201108077251N1**
Registration date: **2011-12-09, 1390/09/18**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-12-09, 1390/09/18

Registrant information

Name

Arash Najimi

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences, Isfahan, Iran

Expected recruitment start date

2010-09-26, 1389/07/04

Expected recruitment end date

2010-10-23, 1389/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Influence of educational intervention based on social cognitive theory to promote fruit and vegetable consumption among elementary school students

Public title

Increasing consumption of fruit and vegetable in students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Satisfaction of students and their

parents to participate in the study; third-grade students.
Exclusion criteria: students who did not participate in one educational session; not following a special diet because of a disease.

Age

From **9 years** old to **11 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **138**

Randomization (investigator's opinion)

Randomized

Randomization description

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

Isfahan University of Medical Sciences

Street address

School of health, Isfahan University of Medical Sciences

City

Isfahan

Postal code

Approval date

2010-02-20, 1388/12/01

Ethics committee reference number

288288

Health conditions studied

1

Description of health condition studied

Health

ICD-10 code

Z59.4

ICD-10 code description

Lack of adequate food

Primary outcomes

1

Description

Fruit consumption (Servings/day)

Timepoint

Before and 3 month after intervention

Method of measurement

Three days food record questionnaire

2

Description

Vegetable consumption (Servings/day)

Timepoint

Before and 3 month after intervention

Method of measurement

Three days food record questionnaire

Secondary outcomes

1

Description

Behavioral capability

Timepoint

Before and 3 month after intervention

Method of measurement

Questionnaire

2

Description

Outcome expectations

Timepoint

Before and 3 month after intervention

Method of measurement

Questionnaire

3

Description

Observational learning

Timepoint

Before and 3 month after intervention

Method of measurement

Questionnaire

4

Description

Self-efficacy

Timepoint

Before and 3 month after intervention Questionnaire

Method of measurement

Questionnaire

5

Description

Environmental factors

Timepoint

Before and 3 month after intervention
Method of measurement
Questionnaire

Intervention groups

1

Description

Intervention Group: Nutrition education based on social cognitive theory was implemented in 4 educational sessions (60 minutes per each session) during 4-week period for students, and 2 educational sessions (50 minutes per each session) for parents and teachers.

Category

Lifestyle

2

Description

Control Group: no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Third region in Isfahan

Full name of responsible person

Street address

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Dr. Gholam Reza Sharifirad

Street address

School of health, Isfahan University of Medical Sciences

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Isfahan 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

Isfahan University of Medical Sciences

Full name of responsible person

Arash Najimi

Position

Msc of health education

Other areas of specialty/work

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Web page address

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