

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of educational intervention based on PRECEDE model for promoting healthy lifestyle of elderly referred to the health centers of Shabestar, Iran

Protocol summary

Summary

The aim of this quasi- experimental study is improving life style of elderly. This study was done in two main parts: First, to achieve best understanding from diagnosis stages and influential variables on life style of elderly, we used interview, focus group discussion and literature review. In second part (educational intervention part), we designed an educational intervention based on PRECEDE model and according to pretest findings and then educational intervention was done on the intervention group. The effect of educational intervention is measured after 8 weeks and compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201111227352N5**

Registration date: **2011-12-21, 1390/09/30**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2011-12-21, 1390/09/30

Registrant information

Name

Mohammad Hossein Taghdisi

Name of organization / entity

Tehran University of Medical Sciences, Tehran, Iran

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2011-12-22, 1390/10/01

Expected recruitment end date

2012-01-21, 1390/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on PRECEDE model for promoting healthy lifestyle of elderly referred to the health centers of Shabestar, Iran

Public title

The effect of educational intervention for promoting healthy lifestyle of elderly

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Having 60 years of age or older, Personal consent Exclusion criteria: lack of personal or family consent, Death Suffering from special disease that hampered inactivity, lack of deliberate cooperation

Age

From **60 years** old to **149 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 80

Randomization (investigator's opinion)

N/A

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**

Tehran University of Medical Sciences

Street address

Pursina St, Gods Ave, Keshavarz Blv, Tehran

City

Tenran

Postal code**Approval date**

2011-11-16, 1390/08/25

Ethics committee reference number

1739/130/90/ص

Health conditions studied**1****Description of health condition studied**

elderly Life Style

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

healthy lifestyle

Timepoint

2 months after intervention

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Training sessions will be held for the intervention group according to the result of self-made questionnaire. During the classes, different training methods such as short lecture, discussion in large and small groups, questions and answer (Q & A), and practical view are used in order to change knowledge, attitude and self-efficacy. Educational flip chart is given for participating elderly in the training session at the end of third session. Indirect education is given to elderly family, in order to improve persistence of tough behaviors and to promote perceived social support and its impact on promoting elderly life style.

Category

Lifestyle

2**Description**

Control group: no intervention.

Category

Lifestyle

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

Health Centers of Shabestar

Full name of responsible person

Parinaz Doshmangir

Street address

North Shariati St, Shabestar, East Azarbaijan

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Shabestar

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

Tehran University of Medical Sciences

Full name of responsible person

Dr. Mohammad Hosein Taghdisi

Street address

Faculty of Health, Tehran University of Medical Sciences and Health Services, Alvand St, Argantin Sq., Tehran

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Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tehran 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
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Person responsible for updating data

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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