# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

18 Nov 2026

# Effect of intervention based on the theory of planned behavior (TPB) on fruit and vegetable consumption rate in elementary school male students in Chaldoran 2012-2013

## Protocol summary


**Summary**

The purpose of this study was to improve fruit and vegetable consumption in children. This study is an experimental intervention study. Participants are selected from the fourth, fifth and sixth grade students. The main inclusion criteria are: being school student in fourth, fifth and sixth grade; students and parents consent to participate in the study and Exclusion criteria are: consumption more than 5 units of the fruit and vegetables per day or lack of consent. Sample size for this study was 63 students for per group. Consider that a possibility loss of 20%, 76 samples chose for each group. After selecting the intervention and control groups, the data is collected in two stages: the first stage of data collection is before intervention and the second stage was two months after the intervention. Data gathered using a general questionnaire, a 24-hour recall questionnaire, a food frequency questionnaire and questionnaire designed based on the theory of planned behavior. Intervention includes a 1-hour educational session for parents, teachers and administrators and 4 educational sessions of 45 minutes for the students. The interested outcome of the study was the consumption rate of the fruit and vegetable before and after the intervention.


## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT201307157352N8**
Registration date: **2013-09-15, 1392/06/24**
Registration timing: **prospective**

Last update:
Update count: **0**

**Registration date**

2013-09-15, 1392/06/24


**Registrant information**

**Name**
Mohammad Hossein Taghdisi

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**Recruitment status**

**Recruitment complete**


**Funding source**

center for community based participatory research, Tehran university of medical science


**Expected recruitment start date**

2013-09-23, 1392/07/01

**Expected recruitment end date**

2013-12-22, 1392/10/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Effect of intervention based on the theory of planned behavior (TPB) on fruit and vegetable consumption rate in elementary school male students in Chaldoran 2012-2013

**Public title**

Impact of education on fruit and vegetable consumption in children

**Purpose**
Prevention
**Inclusion/Exclusion criteria**
The main criteria of inclusion in the study are: School in fourth grade, fifth and sixth grade; students and parents consent to participate in the study . Exclusion criteria are: consumption more than 5 unite of fruit and vegetables a day; Lack of consent from study
**Age**
From **10 years** old to **12 years** old
**Gender**
Male

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **152**
**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**
Tehran University of Medical Sciences
**Street address**
Sixth Floor، Central University، St. Ghods، Keshavarz Boulevard
**City**
Tehran
**Postal code**
**Approval date**
2013-08-04, 1392/05/13
**Ethics committee reference number**
896 /130/92/د

## Health conditions studied

### 1

**Description of health condition studied**
Fruit and vegetable consumption
**ICD-10 code**
**ICD-10 code description**

## Primary outcomes

### 1

**Description**
Fruit and vegetable consumption
**Timepoint**
Before and two months after the intervention
**Method of measurement**
Fruit and vegetable food frequency questionnaire and24-hour recall2-Cognitive- attitudinal Questionnaire

## Secondary outcomes

### 1

**Description**
Behavioral intention, attitude, subjective norms, and perceived behavioral control
**Timepoint**
Before and two months after the intervention.
**Method of measurement**
Cognitive assessment questionnaire

## Intervention groups

### 1

**Description**
Education was used as intervention in this study. Intervention included a 1-hour educational session for parents, teachers and administrators and 4 educational sessions of 45 minutes for the students. Stage of the intervention: 1- The first phase of the intervention was training parents about the importance and role of fruit and vegetable consumption in physical health. Also to support parents and to encourage students to eat fruits and vegetables. At the end, parents received an educational pamphlet about the importance of eating fruits and vegetables. 2- The second stage of intervention was to train teachers and school administrators. 3- The third stage of intervention was to teach students using the information obtained from questionnaires. To this end, the most important predictors of behavior (eating enough daily fruits and vegetables) were identified and were used to design a training program.
**Category**
Other

### 2

**Description**
The control group: We did not intervene in control group; however, control subjects received educational pamphlets at the end of the study.
**Category**
Other

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**
Department of Education

**Full name of responsible person**
Doctor Mohammad Hussein Taghdisi

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The education of Chaldoran، Moallem Square، Chaldoran، West Azerbaijan

**City**
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## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**
center for community based participatory research, Tehran university of medical sciences

**Full name of responsible person**
Esmat Karimi

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Tehran، Ghods street،Tehran University of Medical Sciences

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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**
center for community based participatory research, 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**

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**Full name of responsible person**
Doctor Mohamed hussein Taghdisi

**Position**
Associate Professor

**Other areas of specialty/work**

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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*