

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jun 2026

The effect of implementation of Pender's health promotion model on preventive behaviors of osteoporosis in premenopausal employed women in central building of shiraz university of medical sciences in 2014-15.

Protocol summary

Summary

General goal: the effect of implementation of Pender's health promotion model on preventive behaviors of osteoporosis in premenopausal employed women in central building of shiraz university of medical sciences in 2014-15. inclusion criteria: women aged 35-45 years old who worked at shiraz university of medical science and were not menopausal; women who do not have menopausal symptoms in 6 months ago (Menstrual disorders-hot flashes and ...); women who do not have a history of long-term use of corticosteroids; having informed consent and willingness to participate in research. Exclusion criteria: women who do not take more than one session of classes; women who did not complete the questionnaire; having ovarian resection surgery. Sample size: 65 patients in each group. Intervention: initially, 130 of the women working in the central building of Shiraz University of Medical Sciences who qualify for the study will be randomly selected And then with blocking method size 4 divided into control and experimental groups. Then preventive behaviors of osteoporosis questionnaire based on health promotion model by both experimental and control groups completed. Continuing education intervention and preventive behaviors of osteoporosis based on health promotion model in 4 sessions, and each session 2 hours for experimental group in conference room at central building of shiraz university will be held. Then questionnaire for both groups 3 months after the intervention will be completed. And at the end of a 2-hour sessions will be held for the control group. Primary outcome: increased knowledge and awareness about osteoporosis preventive behaviors and use these behaviors in daily life.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201405267531N9**

Registration date: **2015-07-22, 1394/04/31**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-07-22, 1394/04/31

Registrant information

Name

Iran Jahanbin

Name of organization / entity

University of Medical Sciences Shiraz

Country

Iran (Islamic Republic of)

Phone

+98 917 313 7399

Email address

jahanbii@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2015-08-01, 1394/05/10

Expected recruitment end date

2015-09-11, 1394/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of implementation of Pender's health promotion model on preventive behaviors of osteoporosis in premenopausal employed women in central building of shiraz university of medical sciences in 2014-15.

Public title

The effect of Pender's health promotion model on preventive behaviors of osteoporosis

Purpose

Prevention

Inclusion/Exclusion criteria

inclusion criteria: women aged 35-45 years old who worked at shiraz university of medical science and were not menopausal; women who do not have menopausal symptoms in 6 months ago (Menstrual disorders-hot flashes and ...); women who do not have a history of long-term use of corticosteroids; having informed consent and willingness to participate in research. Exclusion criteria: women who do not take more than one session of classes; women who did not complete the questionnaire; having ovarian resection surgery.

Age

From **35 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **130**

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

Shiraz University of Medical Science

Street address

Central Building of Shiraz University of Medical Science, Zand street, shiraz

City

Shiraz

Postal code

71348-14336

Approval date

2015-03-07, 1393/12/16

Ethics committee reference number

CT-9376-7416

Health conditions studied

1

Description of health condition studied

Osteoporosis

ICD-10 code

M81.0

ICD-10 code description

Postmenopausal osteoporosis

Primary outcomes

1

Description

Nutrition

Timepoint

Before and 3 months after intervention

Method of measurement

Questionnaire osteoporosis preventive behaviors based on Pender's Model

2

Description

Physical activity

Timepoint

Before and 3 months after intervention

Method of measurement

Questionnaire osteoporosis preventive behaviors based on Pender's Model

3

Description

Sunlight

Timepoint

Before and 3 months after intervention

Method of measurement

Questionnaire osteoporosis preventive behaviors based on Pender's Model

Secondary outcomes

empty

Intervention groups

1

Description

Intervention experimental group: hold classes preventive behaviors of osteoporosis based on the Pender's health

promotion model that includes nutrition education, physical activity and exposure to direct sunlight is. This class of 4 sessions, each session is 2 hours.

Category

Prevention

2**Description**

Intervention control group: Holding Class osteoporosis preventive behaviors based on the Pender's health promotion model , including education, nutrition, physical activity and exposure to direct sunlight is. This class is in the form of one 2-hour sessions.

Category

Prevention

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

Central Building of Shiraz University of Medical Sciences

Full name of responsible person

Mahsa Askarian

Street address

Central Building of Shiraz University of Medical Sciences, Zand street, Shiraz

City

Shiraz

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

Shiraz University of Medical Science

Full name of responsible person

Dr. Seyed Basir Hashemi

Street address

Central Building of Shiraz University of Medical Science, Zand Street, shiraz

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Shiraz

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

Yes

Title of funding source

Shiraz University of Medical Science

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**

Fatemeh School of Nursing and Midwifery

Full name of responsible person

Mahsa Askarian

Position

Master student of Nursing

Other areas of specialty/work**Street address**

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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