

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Effect of lifestyle educational program on health promoting behaviors and menopausal symptoms among 45-60-year-old women

Protocol summary

Summary

This study is an experimental, pretest-posttest method controlled, that will be done on 200, 45-60 years old postmenopausal women, in Ramjerd, Marvdasht in 2014. The samples with simple random sampling among qualified women and based on inclusion and exclusion criteria are selected. In this study, postmenopausal status was considered as cessation of menstruation without use of medications for at least 12 months. The data collection tool is demographic information questionnaire, Menopause Rating Scale (MRS), and Walker's health-promoting lifestyle profile (HPLPII). Post-test will be done two months after the pre-test. In this study, educational intervention on health-promoting lifestyle was conducted for postmenopausal women in 4 sessions by researcher. In the any four sessions, a specified educational content and different educational methods, including interactive lecture, group discussion, and media, such as booklet, picture, and slideshow, will be used to enhance the participants' learning and participation.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201509237816N7**

Registration date: **2016-02-22, 1394/12/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-02-22, 1394/12/03

Registrant information

Name

Mahin Nazari

Name of organization / entity

School of health

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences, The Research Vice-chancellor

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2015-07-23, 1394/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of lifestyle educational program on health promoting behaviors and menopausal symptoms among 45-60-year-old women

Public title

Effect of lifestyle educational program on health promoting behaviors and menopausal symptoms

Purpose

Health service research

Inclusion/Exclusion criteria

The inclusion criteria: 45-60 years old women who have physiological menopause; passage of at least one year and at most 10 years from cessation of menstrual cycle; being physically and mentally healthy; being willing to participate in the study The exclusion criteria: having a

history of hormone therapy within the past 6 months ;
having a history of hysterectomy; radiation therapy; use
of drugs that reduce menopause symptoms

Age

From **45 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **200**

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 Sciences, The Research
Vice-chancellor

Street address

Shiraz, Zand Street

City

Shiraz

Postal code**Approval date**

2015-07-12, 1394/04/21

Ethics committee reference number

94-7536 / IR.SUMS.REC.1394.67

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

health-promoting behaviors and menopausal symptoms

ICD-10 code

Z72.9

ICD-10 code description

Problem related to lifestyle, unspecified

Primary outcomes**1****Description**

health-promoting behaviors

Timepoint

Before intervention and two months after intervention

Method of measurement

Walker's Health Promoting Lifestyle Profile

Secondary outcomes**1****Description**

menopausal symptoms

Timepoint

Before intervention and two months after intervention

Method of measurement

questionnaire of Menopause Rating Scale (MRS)

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

In the control group no intervention was done.

Category

N/A

2**Description**

In this study, educational intervention on health-promoting lifestyles was conducted for postmenopausal women in 4 sessions, each having a specified educational content. Additionally, different educational methods, including interactive lecture and group discussion, and media, such as booklet, poster, picture, and slideshow, were used to enhance the participants' learning and participation.

Category

Lifestyle

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

Ramjerd rural health center in Marvdasht

Full name of responsible person

Nasrin Bahmani

Street address

Marvdasht Health Center

City

Marvdash

Sponsors / Funding sources**1****Sponsor**

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr.Poost Froush

Street address

Shiraz, Shiraz University of Medical Sciences, Research Vice-chancellor

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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 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**

Shiraz University of Medical Sciences , School of Health

Full name of responsible person

Dr. Mahin Nazari

Position

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Full name of responsible person

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Web page address**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*