

# 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

##### Country

Iran (Islamic Republic of)

##### Phone

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##### Email address

manazari@sums.ac.ir

##### 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

**City**

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

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Dr. Mahin Nazari

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Samaneh Farmani

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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*