

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

Effects of empowerment program based on Health Belief Model on self-efficacy in the prevention of osteoporosis in the elderly population in Kashan

Protocol summary

Summary

The purpose of this study is to survey empowerment program based on Health Belief Model on self-efficacy in the prevention of osteoporosis in the elderly population in Kashan. Method: The current study was a clinical trial design. Key criteria for the study of the elderly over 60 years old referred to Kashan health centers in 2017. 60 older will selected and placed in experimental (30 samples) and control groups (30 samples) .In the intervention group, empowerment program will do for one month and 8 sessions . In the control group, empowerment program will not be implemented. Both two groups will complete Osteoporosis Self-efficacy Scale before, immediately and one month after intervention. The two groups are compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201707248348N36**

Registration date: **2017-10-12, 1396/07/20**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-10-12, 1396/07/20

Registrant information

Name

Neda Mirbagher

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

mirbagher_n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Kashan University of Medical Sciences

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2018-09-23, 1397/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of empowerment program based on Health Belief Model on self-efficacy in the prevention of osteoporosis in the elderly population in Kashan

Public title

Effects of empowerment program on self-efficacy in the prevention of osteoporosis

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Older up 60 years! Having reading and writing skills. Exclusion criteria: Unwillingness to participate in the study : the absence of more than one session.

Age

From **60 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

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**

Ethics committee of Kashan University of Medical Sciences

Street address

Kashan, Ravand Street, Kashan University of Medical Sciences

City

Kashan

Postal code

8715981151

Approval date

2017-09-04, 1396/06/13

Ethics committee reference number

IR.KAUMS.NUHEPM.REC.1396.14

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

Osteoporosis

ICD-10 code

M81

ICD-10 code description

Osteoporosis without pathological fracture

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

selfefficacy

Timepoint

Before, immediately and one month after intervention

Method of measurement

Questionnaire

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

Health Belief

Timepoint

Before, immediately and one month after intervention

Method of measurement

Questionnaire

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

Intervention group: doing empowerment program, 8 sessions in one months.

Category

Prevention

2**Description**

Control group: Empowerment program will not be implemented

Category

Prevention

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

Health centers of Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Street address

Ravand,Parastar Street,Kashan university of medical sciences

City

Kashan

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

Kashan University of Medical Sciences

Full name of responsible person

Mahdi Vatankhah

Street address

Ravand,Parastar Street , Kashan University of Medical sciences

City

Kashan

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kashan 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
Kashan University of Medical Sciences
Full name of responsible person
Neda Mirbagher
Position
PHD
Other areas of specialty/work
Street address
Ravand,Parastar Street , Kashan University of Medical sciences
City
Kashan
Postal code
8715981151
Phone
+98 31554021
Fax
+98 315556633
Email
mirbagher_n@kaums.ac.ir
salam_20012003@yahoo.co.uk
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Neda Mirbagher
Position
PHD
Other areas of specialty/work
Street address

Ravand,Parastar Street , Kashan University of Medical sciences
City
Kashan
Postal code
8715981151
Phone
+98 31 5554 0021
Fax
+98 315556633
Email
mirbagher_n@kaums.ac.ir
salam_20012003@yahoo.co.uk
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Neda Mirbagher
Position
PHD
Other areas of specialty/work
Street address
Ravand,Parastar Street , Kashan University of Medical sciences
City
Kashan
Postal code
8715981151
Phone
+98 31 5555 0021
Fax
+98 315556633
Email
mirbagher_n@kaums.ac.ir
salam_20012003@yahoo.co.uk
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