

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Evaluation of the effect of educational intervention on physical activity among university female students in 2012 - 2013: Application of BASNEF model.

#### Protocol summary

##### Summary

The aim of study is assessment of educational intervention based on BASNEF model on promoting physical activity among university female students in Share Qods branch of Islamic Azad University. This study is an interventional one which is planned in two groups of intervention and control. Inclusion criteria include university female students at east second term and maximum sixth term and satisfaction of study participation. In Intervention group, physical activity education will performed using BAZNEF model. 45 university students participate in each group. In intervention group, educational interventions performs based on BAZNEF model and in control group doesn't conduct any intervention. Intervention will perform using lecture and group discussion during six sessions of 60-90 minutes . Post-test will perform 3 and 6 months after intervention. .

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201308218742N3**  
Registration date: **2013-09-19, 1392/06/28**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2013-09-19, 1392/06/28

##### Registrant information

##### Name

Fereshteh Majlessi

##### Name of organization / entity

Tehran University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8898 9134

##### Email address

majlesif@tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Research chacellor of Tehran University of Medical Sciences

##### Expected recruitment start date

2013-07-01, 1392/04/10

##### Expected recruitment end date

2014-07-01, 1393/04/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Evaluation of the effect of educational intervention on physical activity among university female students in 2012 - 2013: Application of BASNEF model.

##### Public title

Physical activity education

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Being female university students in Bachelor degree; At least second term and at the maximum sixth; satisfaction to participate in the study. Exclusion criteria: Female student in another degree; being in first term and more than six term; Non satisfaction of participation in study)

**Age**

From **18 years** old to **24 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **90**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Single blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Research chancellor of school of public health of  
Tehran University of Medical Sciences

**Street address**

pousina Ave.

**City**

Tehran

**Postal code****Approval date**

2013-08-02, 1392/05/11

**Ethics committee reference number**

23104

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

Physical activity

**ICD-10 code**

F59

**ICD-10 code description**

Unspecified behavioural syndromes associated with  
physiological disturbances and physical factors

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

Physical activity

**Timepoint**

Before, 3 and 6 month later

**Method of measurement**

Questionnaire

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

Physical activity

**Timepoint**

Before, 3 and 6 months later

**Method of measurement**

International Physical Activity Questionnaire( IPAQ)

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

Intervention performs blended educational intervention  
based on BASNEF Model constructs . Educational  
strategies are lecture and group discussion.

**Category**

Lifestyle

**2****Description**

ther is no intervention in control group.

**Category**

N/A

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

Islamic Azad University , Qods Branch

**Full name of responsible person**

Dr. Freshteh Majlessi

**Street address**

School of public Health, Tehran University of Medical  
Sciences

**City**

Tehran

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

Tehran University of Medical Sciences

**Full name of responsible person**

Dr. Akbar Fotouhi

**Street address**

Qods Ave.

**City**  
Tehran

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**  
Yes

**Title of funding source**  
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

**Name of organization / entity**  
Tehran University of Medical Sciences

**Full name of responsible person**  
Dr. Fereshteh Majlessi

**Position**  
Professor

**Other areas of specialty/work**

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## Person responsible for updating data

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academic member

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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*