Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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Fereshteh Majlessi
Name of organization / entity
Tehran University of Medical Sciences
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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 performes 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
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Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Dr. Akbar Fotouhi
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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

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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