Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Assessing the effect of blended educational intervention based on Health Belief Model on promotion of physical puberty health among the girls of the 8th grade in Gonbad in 2013-2014.

Protocol summary

Summary

This study is an interventional semi–experimental one. The aim of study is to determine the impact of blended educational intervention based on Health Belief Model on promoting of physical puberty among female students of the 8th grade in Gonbad. Inclusion criteria include studying in the 8th grade in Gonbad, experience of menarche and willingness to participate in the study. Exclusion criteria include unwillingness to participate in the study , school relocation and not filling out the questionnaire completely. Two 45 – person groups of student in Gonbad city will divided in intervention and control groups by random allocation. Planned educational program will provide using blended education in one hour, six sessions during one month for intervention group. Study outcomes are knowledge, practice and Health Belief Model constructs about puberty.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201312088742N4**
Registration date: **2013-12-21, 1392/09/30**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2013-12-21, 1392/09/30

Registrant information

Name

Fereshteh Majlessi

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

majlesif@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Educational Chancellor of Tehran University of Medical Sciences

Expected recruitment start date

2013-12-22, 1392/10/01

Expected recruitment end date

2014-01-21, 1392/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of blended educational intervention based on Health Belief Model on promotion of physical puberty health among the girls of the 8th grade in Gonbad in 2013-2014.

Public title

Girl puberty health

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria : students in the 8th grade in Gonbad; Lack o f physical –mental disability; willingness to participate in the study and history of menarche . Exclusion criteria: school relocation; not filling out the questionnaire completely; unwillingness to participate in

the study

Age

From **11 years** old to **17 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)

Triple blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

Tehran University of Medical Sciences ,Qouds Ave. Keshavarz Boulvar,

City

Tehran

Postal code

Approval date

2013-11-22, 1392/09/01

Ethics committee reference number

24565

Health conditions studied

1

Description of health condition studied

Puberty

ICD-10 code

f59-f50

ICD-10 code description

Behavioural syndromes associated with physiological disturbances and physical factors

Primary outcomes

1

Description

Knowledge about puberty

Timepoint

Before and 3 months after

Method of measurement

Questionnaire

2

Description

Practice about puberty

Timepoint

Before and 3 months after

Method of measurement

Questionnaire

3

Description

Health Belief Model constructs about puberty

Timepoint

Before and 3 months after

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Educational intervention base on blended education

Category

Prevention

2

Description

There is no intervention in control group.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Public Schools of Gonbad city

Full name of responsible person

Roghieh Abedi

Street address

School of Public Health, Tehran University of Medical Sciences

City

Gonbad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Educational Chancellor Tehran University of Medical Sciences

Full name of responsible person

Dr. Mohamad Jalili

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City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Educational Chancellor 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

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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