Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The study of the impact of life skills based health education on knowledge, attitude and health Promotion behavior of 12-14 years old girls on Tehran city in 1392

Protocol summary

Summary

This was an experimental study which was conducted to determine The impact of life skills based health education on knowledge, attitude and health promotion behavior girls.Inclusion criteria were Female students are the age group 14-12 years. Exclusion criteria were avoidance to participate fully in classes . In this experimental study, through random sampling, 80 female high schools divided in to two groups of experimental (40 students) and control (40 students).Data collected using a self administered Questionnaire. Intervention group training sessions over 4 weeks (a week, each session lasting 120 minutes) With a focus on life skills and participatory teaching methods will be provided. The content of training sessions for both groups of students will be provided through pamphlets. Primary outcomes included Knowledge, attitudes and health promoting behavior measured before,at base and 2 months after the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201311278801N6**
Registration date: **2014-05-16, 1393/02/26**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-05-16, 1393/02/26

Registrant information

Name

Masoumeh Simbar

Name of organization / entity

Shahid Beheshti University for Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8820 2517

Email address

msimbar@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences and Health Services

Expected recruitment start date

2013-10-23, 1392/08/01

Expected recruitment end date

2014-01-10, 1392/10/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The study of the impact of life skills based health education on knowledge, attitude and health Promotion behavior of 12-14 years old girls on Tehran city in 1392

Public title

The impact of life skills based health education on knowledge, attitude and health Promotion behavior

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria:Female students are the age group 14-12 years; Students participate in 4 sessions are ongoing. Exclusion Criteria:Students may not participate fully in classes

Age
From **12 years** old to **14 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **80**
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
Shahid Beheshti University of Medical Sciences and Health Services
Street address
Shahid Beheshti University of Medical Sciences ,next to Taleghani hospital,Yaman street,Shahid Chamran highwa
City
Tehran
Postal code
Approval date
2014-01-26, 1392/11/06
Ethics committee reference number
1392-1-86-11770-14343

Health conditions studied

1

Description of health condition studied
Factors influencing health status and contact with health services
ICD-10 code
Z72.9
ICD-10 code description
Problem related to lifestyle, unspecified

Primary outcomes

1

Description
knowledge
Timepoint
base line and 2 months after intervention
Method of measurement
self administered Questionnaire

2

Description
Attitude
Timepoint
base line and 2 months after intervention
Method of measurement
self adminesteated questionnaire

3

Description
health promotion behavior
Timepoint
base line and 2 months after intervention
Method of measurement
self adminesteated questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
intervention group:life skills based health education (food,physical activity,stress control,health puberty),During four sessions a week (a week, each session lasting 120 minutes)
Category
Behavior

2

Description
control group:education (food,physical activity,stress control,health puberty)through pamphlets.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Highschools Of Tehran City
Full name of responsible person
Zeinab Arabi- Graduate Student
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Nursing And Midwifery School Of Shahid Beheshti University

Full name of responsible person
Afshin Zarghi (Vice chancellor for research, Shahid Beheshti University of Medical Sciences)

Street address
Opposit of Rajai Hospital,Niayesh Highway,Valiasr St,Tehran

City
Tehran

Grant name

Grant code / Reference number

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

Title of funding source
Nursing And Midwifery School Of Shahid Beheshti University

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
Nursing And Midwifery School Of Shahid Beheshti University

Full name of responsible person
Zeinab Arabi

Position
Graduate Student

Other areas of specialty/work

Street address
Opposit of Rajai Hospital,Niayesh Highway,Valiasr St,Tehran

City
Tehran

Postal code
Tehran,Valiasr st

Phone
+98 21 8820 2520

Fax

Email
aarabizeinab@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Nursing And Midwifery School Of Shahid Beheshti University

Full name of responsible person
Masoumeh Simbar

Position
Assistant Professor

Other areas of specialty/work

Street address
Opposit of Rajai Hospital,Niayesh Highway,Valiasr St,Tehran

City
Tehran

Postal code

Phone
+98 21 8820 2517

Fax

Email
msimbar@sbmu.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Nursing And Midwifery School Of Shahid Beheshti University

Full name of responsible person
Masoumeh Simbar

Position
Assistant professor

Other areas of specialty/work

Street address
Opposit of Rajai Hospital,Niayesh Highway,Valiasr St,Tehran

City
Tehran

Postal code

Phone

Fax

Email

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