

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jun 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 adminestated questionnaire

3**Description**

health promotion behavior

Timepoint

base line and 2 months after intervention

Method of measurement

self adminestated 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**

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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

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Person responsible for updating data

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Position

Assistant professor

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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