

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Educational Package Based on Health Belief Model for People at Risk of Cardiovascular Disease to Modify Unhealthy Behaviors.

Protocol summary

Summary

The purpose of this study is to evaluate the effect of educational package that is based on health belief model and is prepared for people at risk of cardiovascular diseases who referred to Khatamolnbiae clinic to modify unhealthy behaviors. 100 patients will be enrolled in this randomized clinical trial. Main inclusion criteria is having at least one risk factor of cardiovascular disease and main exclusion criteria is being illiterate. After collecting questionnaires, patients will be divided into 2 groups randomly (intervention group and control group). Then educational package will be given to intervention group. After 2 months we will collect questionnaires from both groups and data will be analyzed. Primary outcome measure is preventive behaviors. Primary outcome measure is preventive behaviors.

General information

Acronym

Health Belief Model

IRCT registration information

IRCT registration number: **IRCT201201238803N1**

Registration date: **2012-09-29, 1391/07/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-09-29, 1391/07/08

Registrant information

Name

Tahereh Rahimdel

Name of organization / entity

Yazd Shahid Sadoughi University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 35 3726 6711

Email address

rahimdel@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Yazd Shahid Sadoughi University of Medical Sciences. Dr
Mohamad hasan Ehrampoush

Expected recruitment start date

2011-07-23, 1390/05/01

Expected recruitment end date

2011-08-11, 1390/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Educational Package Based on Health Belief
Model for People at Risk of Cardiovascular Disease to
Modify Unhealthy Behaviors.

Public title

Effect of Educational Package on Doing Preventive
Behaviors of Cardiovascular disease

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: 30-65 years old; having at least one
Risk Factor of Cardiovascular Disease; Free of Diagnosed
Heart Disease & Free of Mental Disorders exclusion
criteria : Being Illiterate; Unable to read

Age

From **30 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 100

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

Shahid Sadoughi University of Medical Sciences

Street address

Deputy Research ;Central Building of Medical University; Bahonar square.

City

Yazd

Postal code

8916978477

Approval date

2011-06-04, 1390/03/14

Ethics committee reference number

29612

Health conditions studied

1

Description of health condition studied

Acute myocardial infarction

ICD-10 code

I21

ICD-10 code description

Acute myocardial infarction

2

Description of health condition studied

Subsequent myocardial infarction

ICD-10 code

I22

ICD-10 code description

Subsequent myocardial infarction

3

Description of health condition studied

Certain current complications following acute

ICD-10 code

I23

ICD-10 code description

Certain current complications following acute myocardial infarction

4

Description of health condition studied

Other acute ischaemic heart diseases

ICD-10 code

I24

ICD-10 code description

Other acute ischaemic heart diseases

5

Description of health condition studied

Chronic ischaemic heart disease

ICD-10 code

I25

ICD-10 code description

Chronic ischaemic heart disease

6

Description of health condition studied

Angina pectoris

ICD-10 code

I20

ICD-10 code description

Angina pectoris

Primary outcomes

1

Description

Preventive behaviors

Timepoint

At first of study and 2 months after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Knowledge

Timepoint

At the first of study & 2 months after intervention

Method of measurement

Questionnaire

2

Description

Perceived susceptibility

Timepoint

At first of study & 2 months after intervention

Method of measurement

Questionnaire

3**Description**

Perceived severity

Timepoint

At first of study & 2 months after intervention

Method of measurement

Questionnaire

4**Description**

Perceived benefits

Timepoint

At first of study & 2 months after intervention

Method of measurement

Questionnaire

5**Description**

Perceived barriers

Timepoint

At first of study & 2 months after intervention

Method of measurement

Questionnaire

6**Description**

Self efficacy

Timepoint

At first of study & 2 months after intervention

Method of measurement

Questionnaire

7**Description**

Cues to action

Timepoint

At first of study & 2 months after intervention

Method of measurement

Questionnaire

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

Intervention Group Will Receive Educational Package (5 Educational Booklets)

Category

Prevention

2**Description**

Control Group Are Exposed Usual Educations(Mass Media,...)

Category

Prevention

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

Yazd Khatamolanbiae Clinic

Full name of responsible person

Tahereh Rahimdel

Street address

Taleghani blv,next to the central library

City

yazd

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

Shahid Sadoughi University of Medical Sciences

Full name of responsible person

Dr.Mohamad Hasan Ehrampoush

Street address

Iman Reza Resaech & Educational Complex

City

Yazd

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shahid Sadoughi 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**

shahid sadoughi university of medical sciences

Full name of responsible person

tahereh rahimdel

Position

research expert/BSc

Other areas of specialty/work**Street address**

shahid sadoughi deputy research

City

yazd

Postal code

Phone

+98 35 1726 6711

Fax

+98 72 58413

Email

rahimdell@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

shahid Sadoughi University of Medical Sciences

Full name of responsible person

Dr.Mohammad Hossein Baghianimoghadam

Position

phD -Health Education

Other areas of specialty/work

Street address

Daneshjo blv/Imam Reza Research & Educational

City

Yazd

Postal code

Phone

+98 35 1623 8626

Fax

Email

baghianimoghadam@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Yazd Shahid Sadoughi University of Medical Sciences

Full name of responsible person

Tahereh Rahimdel

Position

Research Expert/Public Health BA

Other areas of specialty/work

Street address

Deputy Research; rCentral Building of
University;Bahonar Sq.

City

yazd

Postal code

8916978477

Phone

+98 35 1726 6711

Fax

+98 72 58413

Email

rahimdel2000@yahoo.com

Web page address

rahimdel@ssu.ac.ir

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