

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jul 2026

The effect of feeding behavior education to mothers versus no education on eating habits among toddler children: a before-after clinical trial

Protocol summary

Summary

Objectives: To assess the effect of feeding behavior education to mothers versus no education on eating habits among toddler children. Design: a before-after clinical trial. Setting and conduct: The eligible mothers who will refer to kindergartens of Hamadan City during the study period will be enrolled into the trial. Inclusion criteria: (a) mothers having a child of 12 to 36 month old; (b) first child; (c) resident of Hamadan City; (d) mother being responsible for child diet; (e) being at least literate; (f) not being health worker. Exclusion criteria: (a) irregular participation in the educational sessions; (b) the being affected with acute or systemic diseases; (c) mother or child being having mental disorder; (d) migration of the mother and child from the selected kindergarten. Intervention group: Two educational sessions one hour each in two consecutive days through speech, question and answer, and group discussion. Control group: No educational course. Primary outcome: Assessing the eating habits among toddler children before and one month after educational intervention using Lewinshon Feeding Problem Questionnaire. Secondary outcome: Nothing.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201506079014N66**

Registration date: **2015-07-04, 1394/04/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-07-04, 1394/04/13

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan
University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research the Technology, Hamadan
University of Medical Sciences

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of feeding behavior education to mothers versus no education on eating habits among toddler children: a before-after clinical trial

Public title

The effect of feeding behavior education to mothers versus no education on eating habits among toddler children

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: (a) mothers having a child of 12 to 36

month old; (b) first child; (c) resident of Hamadan City; (d) mother being responsible for child diet; (e) being at least literate; (f) not being health worker. Exclusion criteria: (a) irregular participation in the educational sessions; (b) the being affected with acute or systemic diseases; (c) mother or child being having mental disorder; (d) migration of the mother and child from the selected kindergarten.

Age

From **1 year** old to **3 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **130**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Randomization: First, Hamadan City is divided into north, south, west, and east regions. Then, from 130 active kindergartens, based on the geographical distribution, 4 to 6 kindergartens are selected. Then, the eligible mothers are randomly assigned to the intervention and control groups using random numbers table. Blinding: Not possible.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethic Committee of Hamadan University of Medical Sciences

Street address

Vice-chancellor of Research the Technology,
Hamadan University of Medical Sciences, Shahid
Fahmideh Ave

City

Hamadan

Postal code

6517838695

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

D/P/16/35/9/4868

Health conditions studied**1****Description of health condition studied**

Eating habits

ICD-10 code

F50

ICD-10 code description

Eating disorders

Primary outcomes**1****Description**

Assessing the eating habits among toddler children

Timepoint

before and one month after educational intervention

Method of measurement

using Lewinshon Feeding Problem Questionnaire

Secondary outcomes**1****Description**

Nothing

Timepoint

Nothing

Method of measurement

Nothing

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

Two educational sessions one hour each in two consecutive days through speech, question and answer, and group discussion.

Category

Prevention

2**Description**

No educational course.

Category

N/A

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

Nursing and Midwifery School

Full name of responsible person

Shahnaz Salawati Ghasemi

Street address

Nursing and Midwifery School, Shahid Fajmideh Ave.
City
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for Research the Technology,
Hamadan University of Medical Sciences

Full name of responsible person

Dr Saeid Bashirian

Street address

Hamadan University of Medical Sciences, Shahid
Fahmideh Ave

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice-chancellor for Research the Technology, Hamadan
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

Nursing and Midwifery School

Full name of responsible person

Shahnaz Salawati Ghasemi

Position

Nursing Student

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

Name of organization / entity

Department of Epidemiology

Full name of responsible person

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Position

Associate Professor

Other areas of specialty/work

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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