

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

Impact of a multi-component school-based nutrition education program using PRECEDE-PROCEED model on improving nutritional status of primary school students in Shiraz, Iran.

Protocol summary

Summary

Current study will be performed in order to assess the impact of a multi-component school-based nutrition education program using PRECEDE-PROCEED model on improving nutritional status of primary school students. Study population are 302 children grades third to fifth in four regions of Shiraz whose height and weight are less than fifth of standard and do not suffer from any specific disease. The population will be allocated into two groups: case (151 persons) and control (151 persons) who will attend in educational classes that will be held by the executive of the project and/or educated health coaches of schools. The plan of nutrition education in this study is multi stage and includes these sections: specialized nutrition education for cases, education of the teachers and health coaches of the schools. After four months of completion of education course and registration of height, weight and the thickness of skin fold fat in students at the end of each month of education, the data will be analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014053117916N1**

Registration date: **2014-06-29, 1393/04/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-06-29, 1393/04/08

Registrant information

Name

Mahkameh Ashourpour

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 1001

Email address

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-04-21, 1393/02/01

Expected recruitment end date

2014-12-22, 1393/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Impact of a multi-component school-based nutrition education program using PRECEDE-PROCEED model on improving nutritional status of primary school students in Shiraz, Iran.

Public title

Impact of a multi-component school-based nutrition education program using PRECEDE-PROCEED model on improving nutritional status of primary school students.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria for case and control groups: study in third to fifth grade in the four regions of Shiraz, Iran;

height and weight less than 5th percentile of standard; not suffering from any specific disease. Exclusion criteria for case and control groups: diagnosis of a specific disease during the study; lack of cooperation; exclusion from the study because of any reason (for example location change and ...).

Age

From **8 years** old to **11 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **302**

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

Shiraz University of Medical Sciences Ethics Committee

Street address

Shiraz University of Medical Sciences

City

Shiraz

Postal code

Approval date

2014-05-25, 1393/03/04

Ethics committee reference number

CT-9378-7008

Health conditions studied

1

Description of health condition studied

Malnutrition

ICD-10 code

E40-46

ICD-10 code description

Malnutrition

Primary outcomes

1

Description

BMI

Timepoint

two weeks before and after the intervention

Method of measurement

W(kg)/H(cm²)

2

Description

height

Timepoint

two weeks before and after the intervention

Method of measurement

stadiometer

3

Description

weight

Timepoint

two weeks before and after the intervention

Method of measurement

digital scale

4

Description

skinfold measurement

Timepoint

two weeks before and after the intervention

Method of measurement

caliper

5

Description

dietary intake analysis

Timepoint

two weeks before and after the intervention

Method of measurement

questionnaire

6

Description

dietary habit

Timepoint

two weeks before and after the intervention

Method of measurement

questionnaire

7

Description

nutritional knowledge and attitude

Timepoint

two weeks before and after the intervention

Method of measurement

questionnaire

Secondary outcomes

1

Description

albumin

Timepoint

two weeks before and after the intervention

Method of measurement

ELISA

2

Description

transferrin

Timepoint

two weeks before and after the intervention

Method of measurement

turbidimetry

3

Description

hemoglobin

Timepoint

two weeks before and after the intervention

Method of measurement

drabking

4

Description

quality of life

Timepoint

two weeks before and after the intervention

Method of measurement

questionnaire

Intervention groups

1

Description

a multi-component school-based nutrition education program using PRECEDE-PROCEED model the educational plan in multi-component and includes these parts: 1- specialized nutrition education for children of the case group, 2- education of mothers , 3- education of teachers and health instructors of the school, 4- education about offering healthy foods in school buffet

Category

Lifestyle

2

Description

control group receives educational booklets

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Elementary schools in the four regions of Shiraz

Full name of responsible person

Street address

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Mousa Salehi

Street address

Shiraz University of Medical Sciences, faculty of Nutrition and food Sciences

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Mahkameh Ashourpour

Position

PhD

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Full name of responsible person
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Associate Professor
Other areas of specialty/work
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Person responsible for updating data

Contact

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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