

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 2026

### Investigation of the effect of educational program based on the health belief model on the promotion of preventing behaviors exposure to polluted air among pregnant women

#### Protocol summary

##### Summary

This study aims at investigating the effect of education based on Health Belief Model on the promotion of preventing behaviors exposure to polluted air among pregnant women. The sample of 120 pregnant women under 6 months referred to health centers - Care Arak city at 6-24 weeks of gestation are represented. multi-stage sampling was used to select samples. also they were assigned into 2 Intervention and control groups randomly. The data are gathered via a researcher-made questionnaire whose validity and reliability are assured in advance. Inclusion criteria: Pregnant women with who can read and write; Pregnant women under than 6 months. Exclusion criteria: pregnancy complications; the absence of training sessions. The educational intervention for the intervention group is done via holding an interactive educational seminar, presenting an Educational booklet as a reminder. The control group receive their routine education. The primary outcome: The preventive behaviors of exposure to air pollution. The Secondary outcomes: Increase knowledge, change attitude, improve practice.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014090119005N1**  
Registration date: **2015-02-18, 1393/11/29**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2015-02-18, 1393/11/29

##### Registrant information

##### Name

Somayeh Pourmosayebi

##### Name of organization / entity

Arak University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 86 3368 4615

##### Email address

[pourmosayebi@arakmu.ac.ir](mailto:pourmosayebi@arakmu.ac.ir)

##### Recruitment status

**Recruitment complete**

##### Funding source

Arak University of Medical Sciences

##### Expected recruitment start date

2014-09-29, 1393/07/07

##### Expected recruitment end date

2015-04-30, 1394/02/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Investigation of the effect of educational program based on the health belief model on the promotion of preventing behaviors exposure to polluted air among pregnant women

##### Public title

The effect of education on the prevention of exposure to polluted air among pregnant women

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Pregnant women with who can read

and write; singleton pregnancy; Pregnant women under 6 months; aged 18 to 35 years; No experience chronic disease known (heart disease, lung disease, kidney disease, diabetes, thyroid). Exclusion criteria: pregnancy complications (preeclampsia, gestational hypertension, diabetes and bleeding) ; The absence of more than one session of training sessions; absence of complete session of the questionnaire.

**Age**

From **18 years** old to **35 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **120**

**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**

Arak University of Medical Sciences

**Street address**

Arak University of Medical Sciences, Basij Sq.,  
Sardashat, Arak

**City**

Arak

**Postal code****Approval date**

2014-09-08, 1393/06/17

**Ethics committee reference number**

93-167-17

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

pregnancy

**ICD-10 code**

Z35

**ICD-10 code description**

Supervision of high-risk pregnancy

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

Adopt behaviors to prevent of exposure to air pollution in pregnant women

**Timepoint**

Before and three months after intervention

**Method of measurement**

A researcher-made questionnaire

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

Knowledge, Perceived susceptibility, Perceived severity, Perceived benefits, Perceived barriers, Cues to action, Self-efficacy, practice

**Timepoint**

Three months after the intervention.

**Method of measurement**

A researcher-made questionnaire

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

The educational intervention for the intervention group is done via holding an interactive educational seminar, presenting an Educational booklet as a reminder.

**Category**

Prevention

**2****Description**

Control Group : Just providing routine Education .

**Category**

Prevention

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

Arak

**Full name of responsible person**

Mohsen Shamsi

**Street address**

Arak University of Medical Sciences, Basij Sq,  
Sardashat, Arak

**City**

Arak

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Vice chancellor for research, Arak University of Medical Sciences

**Full name of responsible person**

davood hekmatpou

**Street address**

Arak University of Medical Sciences, Basij Sq, Sardashat, Arak

**City**

Arak

**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, Arak 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**

Arak University of Medical Sciences

**Full name of responsible person**

Somayeh Pourmosayebi

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MSc student in Health Education

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## Person responsible for scientific

## inquiries

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Mohsen Shamsi

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PHD

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## Person responsible for updating data

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**City**

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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