

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

The effect of educational intervention based on the theory of planned behavior regarding physical activity male high school students Qom

Protocol summary

Summary

The present study aimed to investigate the effect of training intervention based on planned behavior theory in Qom masculine high school. The necessary health and ability to perform physical activity and tendency to participate in the scheme is a component of accession criterion and the absenteeism for more than two training sessions is transpiration one. The methodology is multi-stages random sampling and the statistical populations of the research are high school boys of Qom province. 100 students are selected (sample size) in which 50 persons are classified in the experimental group and 50 one in control group. The intervention method is such that the experimented group will be training in one-hour seven sessions based on theoretical structures of planned behavior regarding physical activity. The control group does not provide training in this field. An international questionnaire on physical activity is changed due to theoretical structures of planned behavior and used for data collection two times before the training intervention and two months after that.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016092229916N1**

Registration date: **2016-11-05, 1395/08/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-11-05, 1395/08/15

Registrant information

Name

Iman Irandoost

Name of organization / entity

Qom University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 35 3629 5699

Email address

iirandoost@muq.ac.ir

Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2016-03-21, 1395/01/02

Expected recruitment end date

2016-04-18, 1395/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on the theory of planned behavior regarding physical activity male high school students Qom

Public title

The effect of educational intervention based on the theory of planned behavior regarding physical activity among high school students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: ability to perform physical activity, lack of physical disability, lack of heart, lack of respiratory discomfort, lack of psychological distress, student satisfaction, parents Exclusion criteria: Immigration and transfer students; absence of more than two sessions;

lack of student collaboration in completing the questionnaire.

Age

From **15 years** old to **18 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Not 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

University of Medical Sciences and Health Services
Research and Technology Deputy Qom

Street address

Qom University of Medical Sciences and Health
Services, Lavassani street, Qom

City

Qom

Postal code

3713649373

Approval date

2016-06-22, 1395/04/02

Ethics committee reference number

IR.MUQ.REC1395.30

Health conditions studied

1

Description of health condition studied

physical activity

ICD-10 code

z10.8

ICD-10 code description

Routine general health check-up of other defined
subpopulations

Primary outcomes

1

Description

physical activity behaviour

Timepoint

Two months after the intervention

Method of measurement

International questionnaire on the questionnaire

2

Description

Behavioral intention

Timepoint

Before and two months after intervention

Method of measurement

A questionnaire based on the International Scale

3

Description

Perceived behavioral control

Timepoint

Before and two months after intervention

Method of measurement

A questionnaire based on the International Scale

4

Description

Attitude

Timepoint

Before and two months after intervention

Method of measurement

A questionnaire based on the International Scale

5

Description

Abstract norms

Timepoint

Before and two months after intervention

Method of measurement

A questionnaire based on the International Scale

Secondary outcomes

empty

Intervention groups

1

Description

Seven hours of training, in terms of physical activity,
based on the theory of planned behavior and structures
using focus group discussions, brainstorming and role-
playing magazine essay writing, and preparing the wall
in the intervention group

Category

Behavior

2

Description

Lack of education about physical activity based on the theory of planned behavior structures in the control group

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Boys high school

Full name of responsible person

Gholamreza Sharifirad

Street address

Qom

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qom University of Medical Sciences And Health Services

Full name of responsible person

Dr. Gholam Reza Sharifirad

Street address

Office of the Vice President, Research & Technology
Qom University of Medical Sciences No. 83, 4 th alley
, 1/1 th alley , Safa - s hahr St. Qom, Iran 37169 -
87366

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Qom

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qom University of Medical Sciences And Health Services

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Qom University of Medical Sciences Faculty of Health

Full name of responsible person

Doctor Gholamreza Sharifirad

Street address

School of Public Health, Spirit of Rohholla,
Street Moallem, Qom, Iran

City

Qom

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qom University of Medical Sciences Faculty of Health

Proportion provided by this source

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

University of Medical Sciences Faculty of Public
Health in Qom

Full name of responsible person

Iman Irandoost

Position

MSc Student

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

Person responsible for updating data

Contact

Name of organization / entity

University of Medical Sciences Faculty of Public
Health in Qom

Full name of responsible person

Iman Irandoust

Position

MSc student

Other areas of specialty/work

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