

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Aug 2026

The Effect Of Training Program Based On The Theory Of Planned Behavior On The Prevention Of Osteoporosis Behaviors In Middle Aged Referred To Health Centers In Kermanshah

Protocol summary

Summary

The Purpose Of This Study Was To Investigate The Effect Of Educational Program Based On Planned Behavior On The Prevention Of Osteoporosis In Middle Aged Children Referring To Kermanshah Health Centers. The Research Population Of All Middle Aged People Is In The Range Of 30 To 59 Years Old. The Research Environment Will Be Kermanshah Health Centers. Blocks Randomization Method Is Used To Assign Samples To Each Test And Control Group. Initially, The Size Of The Blocks Is 4, Depending On The Number Of Samples That Are 68, 17 Blocks Are Selected Based On The Random Number Table And Individuals Are Assigned To The Groups Based On The Position Of The Blocks. The Intervention Is Designed To Provide A Curriculum Based On Planned Behavioral Model Constructs, With Six Sessions Per Hour, Two Sessions Per Week In Health Centers. Educational Materials Include: Education To Enhance The Knowledge About Osteoporosis, Its Complications, The Prevalence Of Osteoporosis And Factors That Contribute To Osteoporosis, Are The Prevention Of Osteoporosis, With Emphasis On The Role Of Lifestyle And More. Also, In The Training Sessions, We Will Discuss The Components Of The Planned Behavioral Model. The Control Group And The Researcher Completed The Questionnaire Before And 8 Weeks After The Intervention, And The Results Will Be Compared With The Goals Of The Study.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2017081735647N2**
Registration date: **2017-10-11, 1396/07/19**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-10-11, 1396/07/19

Registrant information

Name

Sarieh Poortaghi

Name of organization / entity

Tehran University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6105 4209

Email address

s-poortaghi@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Resources Are Provided By The Tehran Nursing And Midwifery Faculty

Expected recruitment start date

2017-06-22, 1396/04/01

Expected recruitment end date

2018-09-23, 1397/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Training Program Based On The Theory Of Planned Behavior On The Prevention Of Osteoporosis Behaviors In Middle Aged Referred To Health Centers In Kermanshah

Public title

The Effect Of Training Program Based On The Theory Of Planned Behavior On The Prevention Of Osteoporosis Behaviors In Middle Aged Referred To Health Centers In Kermanshah

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: Individuals Aged 30 To 59 Years Old Who Are Able To Speak And Understand And Learn ; Have A Health Record At The Health Center And Have Not Been Diagnosed With Osteoporosis ; Previously In Educational Classes Have Not Participated In The Same. Exclusion Criteria: Participants Will Have More Than Two Sessions Absent From Classrooms And Cancels The Study.

Age

From **66 years** old to **37 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **68**

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

Faculty Of Nursing And Midwifery, Tehran University Of Medical Sciences

Street address

Tehran University Of Medical Sciences, Faculty Of Nursing And Midwifery, Tohid Avenue, Tehran

City

Tehran

Postal code

Approval date

2017-06-19, 1396/03/29

Ethics committee reference number

IR.TUMS.FNM.REC.1396.2693

Health conditions studied

1

Description of health condition studied

Osteoporosis

ICD-10 code

M80, M81,

ICD-10 code description

Osteoporosis With Pathological Fracture, Osteoporosis Without Pathological Fracture, Osteoporosis In Diseases Classified Elsewhere, Adult Osteomalacia, Disorders Of Continuity Of Bone, Other Disorders Of Bone Density And Structure

Primary outcomes

1

Description

Preventing Behavior

Timepoint

Before And After Intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The Intervention In The Test Group Will Be A Curriculum Based On The Planned Pattern Of Behavior In 6 Sessions

Category

Prevention

2

Description

The Control Group Does Not Intervene.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Centers In Kermanshah

Full name of responsible person

Nasim Pakyar

Street address

Plaque 36, Alley Golbarg1, Station No. 9, Farhangian Phase 2, Kermanshah

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Faculty Of Nursing, Tehran University Of Medical Sciences

Full name of responsible person

Dr. Ziba Taghi Zadeh

Street address

Tehran University Of Medical Sciences, Faculty Of Nursing And Midwifery, Tohid Avenue, Tehran

City

Tehran

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

Yes

Title of funding source

Faculty Of Nursing, Tehran 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**

Tehran University Of Medical Sciences

Full name of responsible person

Nasim Pakyar

Position

Master Of Nursing

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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