

# 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

**Other areas of specialty/work****Street address**

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

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**Postal code****Phone**

+98 21 6105 4209

**Fax****Email**

s-poortaghi@sina.tums.ac.irnpakyar@yahoo.com

**Web page address**

## Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Faculty Of Nursing And Midwifery, Tehran University Of Medical Sciences

**Full name of responsible person**

Sarieh Poortaghi

**Position**

Ph.D. In Nursing

**Other areas of specialty/work****Street address**

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## Person responsible for updating data

**Contact****Name of organization / entity**

Tehran University Of Medical Sciences

**Full name of responsible person**

Nasim Pakyar

**Position**

Master Of Nursing

**Other areas of specialty/work****Street address**

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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*