Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Nov 2026

Design and Evaluation of the Promotion Healthy and Safe Nutrition Behaviors Program in High School Female Students Using Health Action Model

Protocol summary

Study aim

Determination the effect of the educational program on healthy and safe nutrition behaviors of girl's students using health action model

Design

The sample size is determined after a pilot study on a small sample of the target group and the sampling is done by multi-stage random cluster and districts, schools and classes are selected randomly Simple with random numbers table.

Settings and conduct

Research is conducted in girls' government schools. After completing the consent form, a pre-test is performed in two groups of intervention and control with a questionnaire. Then the intervention is presented only in the intervention group. Two months after the end of the intervention, post-test is done in both groups.

Participants/Inclusion and exclusion criteria

The desire of eighth- grade girl's students of Governmental schools of Shiraz city to participate in the study

Intervention groups

In order to promote the nutritional behaviors of students in the intervention group, an educational program based on content designed using interactive methods in educational sessions is implemented. In addition, the pamphlet includes the key points related to the final conclusion of the topics discussed in each training session is provided and will be given to the students. After the end of the study, the educational content is placed available in the control group.

Main outcome variables

The main outcomes of this study contains to determine the predictive variables of healthy and safe nutrition behavior in girls students and to determine and compare the mean scores of health action model of constructs such as belief systems, motivational, normative, Self (personality), behavioral intention, facilitating or enabling factors and health action behavior in the context of healthy and safe nutrition behavior of girls students in both intervention and control groups before and after intervention.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180923041100N1**
Registration date: **2018-10-24, 1397/08/02**
Registration timing: **registered_while_recruiting**

Last update: **2018-10-24, 1397/08/02**
Update count: **0**

Registration date

2018-10-24, 1397/08/02

Registrant information

Name

Leila Moradi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3233 7799

Email address

lmoradi20072007@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-23, 1397/08/01

Expected recruitment end date

2020-09-21, 1399/06/31

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Design and Evaluation of the Promotion Healthy and Safe Nutrition Behaviors Program in High School Female Students Using Health Action Model

Public title
Promoting Nutritional Behaviors in Students
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Eighth grade girl's students They are studying in governmental high schools in Shiraz. Students tend to participate in the study.
Exclusion criteria:
Unwillingness to cooperate Not attending in the training sessions more than 2 sessions Not attending in the post-test Exit from the study due to a transfer of students from the school, leave the school or immigration from Shiraz.
Age
From **14 years** old to **15 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **100**
Randomization (investigator's opinion)
Randomized
Randomization description
Multi-stage random cluster sampling is performed. In the first stage, from four districts of educational, two districts are selected randomly Simple. In the next stage, randomly simple, two Governmental girls' high schools are selected from each district. A school is considered as an intervention group and another school is considered as the control group and is selected from two districts of four schools. In the final stage, two classes of the 8th grade from each school are selected randomly Simple. A total of 4 classes of the 8th grade are placed in the intervention group and 4th classes of the 8th grade are placed in the control group. A random numbers table is used to select randomly Simple.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
National Ethics Committee in Biomedical Research
Street address
School of Public Health, Shahid Sadoughi University of Medical Sciences, Shohaday-e-Gomnam Blvd., Alem Sq., Yazd, Iran
City
Yazd
Province
Yazd
Postal code
035- 38209119
Approval date
2018-09-24, 1397/07/02
Ethics committee reference number
IR.SSU.SPH.REC.1397.071

Health conditions studied

1

Description of health condition studied
Design and Evaluation of Promoting Healthy and Safe Nutrition Behaviors Program in High School Girls Students Using Health Action Model
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Determine and compare the mean score of healthy and safe nutrition behavior of girl's students in two groups of intervention and control before and after intervention
Timepoint
At the beginning of the study (before the intervention) and 2 months after the end of the intervention.
Method of measurement
Researcher-made Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention is an educational type that is implemented in intervention group students to

promote healthy and safe nutrition behaviors. An educational program based on educational content designed using interactive methods in educational sessions will be implemented. In addition, the pamphlet contains key points related to the final conclusion of the topics discussed in each training session is provided and will be given to the students.

Category
Lifestyle

2

Description
Control group: High school girl students in Shiraz schools who do not receive any interventions.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Governmental High Girls Schools of Shiraz City

Full name of responsible person
Leila Moradi

Street address
No. 16, Alley 5, Qasr- Dasht Avenue, Shiraz, Iran

City
Shiraz

Province
Fars

Postal code
0098717133873757

Phone
+98 71 3233 7799

Email
lmoradi20072007@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
Dr Masoud Mirzaei

Street address
Yazd - Bahonar Square, First of Shahid Sadoughi South Avenue. Central University Building, Third Floor, Department of Research and Technology

City
Yazd

Province
Yazd

Postal code
035-31462136

Phone
+98 35 3726 3733

Email
mmirzaei@ssu.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Yazd University of Medical Sciences

Proportion provided by this source
100

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
Leila Moradi

Position
Ph.D. student

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

Street address
No. 16, Alley 5, Qasr- Dasht Avenue, Shiraz, Iran

City
Shiraz

Province
Fars

Postal code
0098717133873757

Phone
+98 71 3233 7799

Email
lmoradi20072007@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
Dr Mohammad Ali Morowatisharifabad

Position
Professor

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

Street address
School of Public Health, Shahid Sadoughi University of

Medical Sciences, Shohaday-e-Gomnam Blvd., Alem Sq., Yazd, Iran

City
Yazd

Province
Yazd

Postal code
035-38209119

Phone
+98 353820910014

Email
morowatisharif@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Yazd University of Medical Sciences

Full name of responsible person
Leila Moradi

Position
Ph.D. student

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

Street address
No. 16, Alley 5, Qasr- Dasht Avenue, Shiraz, Iran

City
Shiraz

Province
Fars

Postal code
0098717133873757

Phone
+98 71 3233 7799

Email
lmoradi20072007@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Some of the data and documentation listed in above can be shared.

When the data will become available and for how long
Start the access to documentation, 3 months after the publication of the article

To whom data/document is available
Researchers that working in academic and scientific institutions

Under which criteria data/document could be used
The provision of documentation and data files is with condition that there is no interference in the data and documentation of the study without the consent of the researcher.

From where data/document is obtainable
Dr. Mohammad Ali Morowatisharifabad, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran, Email:morowatisharif@yahoo.com Leila Moradi, School of Health, Shiraz University of Medical Sciences, Iran, Email: lmoradi20072007@yahoo.com

What processes are involved for a request to access data/document
Send the email to the persons listed above and to review request the applicant and to provide information within a maximum of one month.

Comments