Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Nov 2026

Design, implementation and evaluation of an intervention based on the social ecological model of health in order to create a health-promoting school and promote healthy eating behavior based on social cognitive theory in female students in Bastak city.

Protocol summary

Study aim
Design, implementation and evaluation of an intervention based on the social ecological model of health in order to create a health-promoting school and promote healthy eating behavior based on social cognitive theory in female students in Bastak city.

Design
The sample size is determined as 352 people in two groups (176 people in each group). Bastak County has 19 girls' junior high schools, of which 5 are health-promoting schools. From the remaining 14 schools, 1 school will be randomly selected as the intervention group and 1 school as the control group. In each of the selected schools, eligible samples will be selected on a convenience and voluntary basis. The intervention will be carried out in the intervention group based on the model and indicators of establishing a health-promoting school, and then a post-test will be conducted 3 months after the intervention in the intervention and control groups, and the results will be analyzed.

Settings and conduct
The intervention is designed and implemented based on the social ecological model of health to create a health-promoting school and social cognitive theory to promote healthy eating behavior in in-person and online training sessions at the selected school.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Female students in junior high school, parental and student consent to participate in the different stages of the study, and physical ability appropriate to the interventions. Exclusion criteria: Failure to participate in more than one training session, failure to complete the research questionnaire, and dropping out or transferring from school.

Intervention groups
Educational sessions in the intervention group and providing educational content to the control group

Main outcome variables
Improving school indicators promotes health and improves healthy eating behavior in students.

General information

Reason for update

Acronym
-

IRCT registration information
IRCT registration number: **IRCT20241123063812N1**
Registration date: **2025-05-14, 1404/02/24**
Registration timing: **prospective**

Last update: **2025-05-14, 1404/02/24**
Update count: **0**

Registration date
2025-05-14, 1404/02/24

Registrant information

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Farzaneh Pourjalil

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-06-20, 1404/03/30

Expected recruitment end date
2025-09-21, 1404/06/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Design, implementation and evaluation of an intervention based on the social ecological model of health in order to create a health-promoting school and promote healthy eating behavior based on social cognitive theory in female students in Bastak city.

Public title
Social ecological model of health to create a health-promoting school and improve healthy eating behavior based on social cognitive theory
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Female students in junior high school must have parental and student consent to participate in various stages of the study and have physical ability appropriate to the interventions.
Exclusion criteria:
Failure to attend more than one training session, failure to complete the research questionnaire in full, and dropping out or transferring from school are considered.
Age
From **12 years** old to **14 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **352**
Randomization (investigator's opinion)
Randomized
Randomization description
Bastak County has 19 girls' junior high schools, of which 5 are health-promoting schools. Of the remaining 14 schools, 1 school will be randomly selected as the intervention group and 1 school as the control group. These schools are located in a location with the lowest probability of contact between individuals in terms of distance and geographical distance. Then, eligible samples will be selected from each of the selected schools on a convenience and voluntary basis.
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
This study is conducted in qualitative, cross-sectional, instrument-building, and intervention phases, and its impact can be measured through a questionnaire and a review of the health-promoting schools checklist.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Hormozgan University of Medical Sciences
Street address
Shahid Chamran Boulevard; Hormozgan University of Medical Sciences and Health Services
City
Bandar Abbas
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79166-13885
Approval date
2025-01-17, 1403/10/28
Ethics committee reference number
IR.HUMS.REC.1403.270

Health conditions studied

1

Description of health condition studied
Creating a health-promoting school and improving healthy eating behavior in students
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Improving health-promoting school indicators
Timepoint
Measurement of health-promoting school indicators at the beginning of the study and three months after the end of the educational intervention
Method of measurement
Using the Health Promoting Schools Checklist

2

Description
Improving healthy eating behavior in students
Timepoint
Measuring healthy eating behavior in students at the beginning of the study and three months after the end of the educational intervention

Method of measurement
Questionnaire

Secondary outcomes

1

Description
Increasing fruit and vegetable consumption, increasing dairy consumption, and reducing processed foods consumption

Timepoint
At the beginning of the study and 3 months after the intervention

Method of measurement
Adolescent Eating Behavior Questionnaire

Intervention groups

1

Description
Intervention group: In this study, we will have two intervention programs: The first intervention program to create a health-promoting school will be as follows: Initially, the relevant checklist will be completed by the researcher before the start of the academic year. And according to the results of the checklist, the intervention program will be designed and implemented using different levels of the social ecological model of health to create a health-promoting school.Individual and interpersonal levelsComprehensive health education program in school: Holding educational sessions for students, teachers, staff and parents with the presence of health experts, providing relevant educational resources, implementing health activities according to the calendar of events and holding various trainings such as lectures, competitions, shows and posters.Improving nutrition in school: Creating a healthy nutrition base with appropriate space and equipment, installing guidelines for permitted and prohibited foods, observing the sale of healthy foods, regular monitoring of the buffet and implementing healthy nutrition education and culture programs for students and parents.Physical mobility and physical activity: Conducting sports activities during physical education and morning exercise, cultural education for students and parents, and providing the necessary facilities for physical activity.Mental health and counseling services: Organizing social and recreational programs, teaching life skills to students, teaching parenting skills to parents, and providing educational classes on social harms and risky behaviors.OrganizationalClinical services in the school: Health ID card for each student, conducting screening examinations, providing a complete first aid kit, and the presence of at least one trained person for first aid.School environmental health: Access to safe drinking water, sanitary toilets, sanitary disposal of sewage and garbage, appropriate light, ventilation, and temperature, observing safety and accident prevention, environmental cleanliness, and creating green spaces.Staff health promotion: Conducting annual screening for teachers and staff and organizing recreational programs for them.Individual, interpersonal, organizational levelImproving nutrition in school: Creating a healthy nutrition base with appropriate equipment, installing guidelines for permitted and prohibited foods, observing the sale and consumption of healthy foods, regularly monitoring the buffet, and implementing healthy nutrition education and culture programs for students and parents.Physical mobility and physical activity: Implementing sports activities during physical education and morning exercise, cultural education for students and parents, and providing the necessary facilities for physical activity.Parent and community participation: Attracting support from organizations, associations, and donors, implementing health education programs for families and the community, forming and strengthening the team of health ambassadors, and activating the network of student health volunteers in the school.In order to implement the above programs, a team will be formed from the program beneficiaries (school principal, student representative in all three grades, school administrator, education health officer, and parent representative). It should be noted that the above intervention program will be implemented in the school using the above intervention axis within the framework of the ecological model.Another intervention program will also be designed to improve healthy eating behavior in students based on social cognitive theory. The materials of this program focus on behavioral predictors that have been identified through a qualitative study and a pre-test using a researcher-made questionnaire.At the beginning of the program, all students will be assured that all information collected will be kept confidential. They will enter the educational program without coercion and with written consent. This educational program will be in 30-minute sessions and will be twice a week for 3 months. Also, for better interaction between individuals and educators, a virtual group will be formed on the social network used by parents and educational content will be sent. A nutrition expert will help the research team plan to encourage individuals to adopt healthy eating behavior.In this study, various health promotion strategies will be used to facilitate education. Advocacy is used to attract support from sectors including: education, municipality, comprehensive health service center, and non-governmental organizations for cooperation.In this educational program, according to the characteristics of the target group, the educational methods of critical thinking, brainstorming, group discussion, and lectures with questions and answers will be used, and in order to strengthen learning, posters, pamphlets, wall newspapers, essay writing competitions, recreational camps, health fairs focusing on healthy nutrition, holding healthy breakfast programs, cooking competitions, counseling sessions, and educational videos will be used.Before the intervention and 3 months after the intervention, the questionnaire will be completed by the participants, and the results will be reviewed and reported.

Category
Lifestyle

2

Description
Control group: The control group will not receive any intervention and educational content will also be provided to the control group after the study ends.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Jinnah City Girls' First Secondary School
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Bandare-abbas 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
Bandare-abbas University of Medical Sciences
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professor
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
All data is potentially shareable after de-identifying individuals.
When the data will become available and for how long
Access period starts 6 months after results are published.
To whom data/document is available
After submitting the request via email and obtaining permission from the professors, information will be sent to the applicant.
Under which criteria data/document could be used
If confidentiality is maintained and the request is reasonable
From where data/document is obtainable
Farzaneh Pourjalil Student /farzaneh.pourjalil67@gmai;.com Zahra Hosseini Supervisor/ hosseinishirin@ymail.com
What processes are involved for a request to access data/document
After sending the request via email and obtaining permission from the professors, information will be sent to the applicant.
Comments