# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

# The effect of educational short message based on health belief model on osteoporosis preventive behaviors in reproductive age women: a single blind randomized controlled clinical trial

## Protocol summary


**Summary**

The aim of this randomized controlled trial is to determine the effect of educational short message based on health belief model on osteoporosis preventive behaviors in reproductive age women. This study will be carried out on 126 women in reproductive ages who refer to Shabestar city health centers 1 and 2. After obtaining written informed consent, the researcher will request all the participating women to complete a questionnaire containing demographic information, Health Belief Model about osteoporosis (OHBS) questionnaire, a Food Frequency Questionnaire (FFQ) and the International Physical Activity Questionnaire (IPAQ). Then, using a computer software and the blocking system of four and six, the participants were randomly allocated into an intervention group and a control group. The intervention group will receive education about osteoporosis and the control group will receive education about common cancers in women via SMS. After holding a training session for intervention group with slides, text messages, maximum of 4 message per day for intervention group and 2 message per day for control group, will be sent for a month. After two months, the questionnaires will be again completed by the participants. In the end, changes in the mean scores of nutrition performance, physical activity and health belief model structures will be compared.


## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT201605313027N37**
Registration date: **2016-07-22, 1395/05/01**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2016-07-22, 1395/05/01

**Registrant information**

**Name**
Fahimeh Sehhatie Shafaie
**Name of organization / entity**
Tabriz university of Medical Sciences
**Country**
Iran (Islamic Republic of)
**Phone**
+98 41 1479 6770
**Email address**
sehhatief@tbzmed.ac.ir

**Recruitment status**

**Recruitment complete**

**Funding source**

Research Deputy, Nursing and Midwifery Faculty, Tabriz University of Medical Sciences

**Expected recruitment start date**

2016-07-22, 1395/05/01

**Expected recruitment end date**

2016-10-22, 1395/08/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of educational short message based on health belief model on osteoporosis preventive behaviors in reproductive age women: a single blind randomized controlled clinical trial

**Public title**

The effect of educational short message based on health belief model on osteoporosis preventive behaviors in reproductive age women

**Purpose**
Prevention

**Inclusion/Exclusion criteria**
Inclusion criteria: women of 30- 45 years old who have health records in Shabestar city health centers; having a mobile phone; enabled SMS receiving system; the absence of disease or infirmity which prevents the study; at least having guidance school degree; willing to participate in the study. Exclusion criteria: pregnant women and lactating women because of their particular lifestyle that requires larger amounts of calcium than normal people. Simultaneous participation in educational courses related to the research; early menopause under 40 years old; having osteoporosis diagnosed by a physician; having physical activity-limiting diseases such as heart disease, arthritis, diabetes, etc, with medical diagnosis; having diseases that impair absorption and reabsorption of calcium, such as parathyroid disease, calcium supplementation and consumption of other effective drugs on osteoporosis such as steroids, licorice and etc.

**Age**
From **30 years** old to **45 years** old

**Gender**
Female

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **126**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**

**Blinding (investigator's opinion)**
Single blinded

**Blinding description**

**Placebo**
Not used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Vice chancellor for research, Tabriz University of Medical Sciences

**Street address**
Tabriz University of Medical Sciences, Golgasht streetncellor

**City**
Tabriz

**Postal code**

**Approval date**
2016-07-04, 1395/04/14

**Ethics committee reference number**
IR.TBZMED.REC.1395.291

## Health conditions studied

### 1

**Description of health condition studied**
Diseases of the musculoskeletal system and connective tissue

**ICD-10 code**
M80

**ICD-10 code description**
Disorders of bone density and structure

## Primary outcomes

### 1

**Description**
Physical Activity Performance

**Timepoint**
Before and two months after intervention

**Method of measurement**
International Physical Activity Questionnaire (IPAQ)

### 2

**Description**
Nutrition Performance

**Timepoint**
Before and two months after intervention

**Method of measurement**
Food Frequency Questionnaire (FFQ)

## Secondary outcomes

### 1

**Description**
Knowledge and health belief model structures About Osteoporosis

**Timepoint**
Before and two months after intervention

**Method of measurement**
Osteoporosis Health Belief Scale

## Intervention groups

### 1

**Description**
The control group will receive education about common cancers in women via SMS. In this way that maximum of 2 message per day for control group, will be sent for a month.

**Category**

Prevention

**2**

**Description**
The intervention group will receive education about osteoporosis via SMS. In this way that after holding a training session for intervention group with slides, text messages, maximum of 4 message per day will be sent for a month.
**Category**
Prevention

## Recruitment centers

**1**

**Recruitment center**
**Name of recruitment center**
Shabestar`s health Centers 1 and 2
**Full name of responsible person**
Fahimeh Sehhatie Shafaie
**Street address**
Tabriz, Sharieati street, Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences
**City**
Shabestar

## Sponsors / Funding sources

**1**

**Sponsor**
**Name of organization / entity**
Research Deputy of Nursing and Midwifery Faculty of Tabriz University of Medical Sciences
**Full name of responsible person**
Hossein Namdar
**Street address**
Faculty of Nursing and Midwifery, South Shariati
**City**
Tabriz
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Research Deputy of Nursing and Midwifery Faculty of Tabriz 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**
Faculty of Nursing and Midwifery of Tabriz
**Full name of responsible person**
Leila Parandeh
**Position**
Master of sciences student in midwifery
**Other areas of specialty/work**
**Street address**
Faculty of Nursing and Midwifery, Sharieati street
**City**
Tabriz
**Postal code**
**Phone**
+98 41 4242 2052
**Fax**
**Email**
leilaparandeh82@yahoo.com
**Web page address**

## Person responsible for scientific inquiries

**Contact**
**Name of organization / entity**
Faculty of Nursing and Midwifery of Tabriz
**Full name of responsible person**
Fahimeh Sehhatie Shafaie
**Position**
Assistant Professor
**Other areas of specialty/work**
**Street address**
Faculty of Nursing and Midwifery, Sharieati street
**City**
Tabriz
**Postal code**
**Phone**
**Fax**
**Email**
sehhatief@tbzmed.ac.ir
**Web page address**

## Person responsible for updating data

**Contact**
**Name of organization / entity**
Faculty of Nursing and Midwifery of Tabriz
**Full name of responsible person**
Fahimeh Sehhatie Shafaie
**Position**
Assistant Professor
**Other areas of specialty/work**
**Street address**
Faculty of Nursing and Midwifery, Sharieati street
**City**
Tabriz
**Postal code**
**Phone**
**Fax**
**Email**

sehhatief@tbzmed.ac.ir

**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*