Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Design and evaluation of educational program based on Theory of Planned Behavior (TPB) for reducing waterpipe consumption in the boy college students

Protocol summary

Summary

The aim of this quasi-experimental study is determining the effect of health education based on Theory of Planned Behavior (TPB) for reducing waterpipe consumption in the boy college students. First, 4 dormitories of Tehran University of Medical Sciences would selected and assigned as experimental and control groups. Then, participants having eligible criteria will be selected of these dormitories. After performing pre-test and analyzing the data, educational intervention would design according to pre-test results. Then, educational intervention will be performed for the intervention group. One month after the intervention, the effect of intervention on TPB constructs (intention, perceived behavioral control, attitude and subjective norms) and reducing waterpipe consumption in the two groups will be estimated and compared between the two groups. Finally, data would analyzed with SPSS (version 16).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201210167132N2**
Registration date: **2012-11-06, 1391/08/16**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2012-11-06, 1391/08/16

Registrant information

Name

Tahereh Dehdari

Name of organization / entity

Iran University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

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+98 2188779118263

Email address

t-dehdari@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences and Health Services

Expected recruitment start date

2012-04-03, 1391/01/15

Expected recruitment end date

2012-11-21, 1391/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Design and evaluation of educational program based on Theory of Planned Behavior (TPB) for reducing waterpipe consumption in the boy college students

Public title

Design and evaluation of educational program based on Theory of Planned Behavior (TPB) for reducing waterpipe consumption in the boy college students

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: consent of students for participating in the study; being student; residence in the dormitories of Tehran University of Medical Sciences; having history of

waterpipe consumption at least once in the last 3 months. Exclusion criteria: There is no exclusion criteria.

Age
From **18 years** old to **40 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Not 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
Tehran University of Medical Sciences and Health Services

Street address
Ghods avenue, Keshavarz square

City
Tehran

Postal code

Approval date
2012-10-03, 1391/07/12

Ethics committee reference number
91-02-62-17661-64491

Health conditions studied

1

Description of health condition studied
tobacco dependence

ICD-10 code
F17.2

ICD-10 code description
Dependence - due to - tobacco

Primary outcomes

1

Description
frequency of waterpipe consumption

Timepoint
before and one- month ater intervention

Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Performing educational intervention .The educational intervention content and educational planning will be designed based on pre-test results of the two groups (need assessment).

Category
Lifestyle

2

Description
Control group: No intervention

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Dormitory of Larestan

Full name of responsible person
Ebrahim Gholami

Street address
Eftekhar alley, Larestan street, Motahari avenue

City
Tehran

2

Recruitment center

Name of recruitment center
Dormitory of Felestin

Full name of responsible person
Ebrahim Gholami

Street address
Firooze Dehghan street, North Felestin avenue, Keshavarz Blvd

City
Tehran

3

Recruitment center

Name of recruitment center

Dormitory of Emam Ali

Full name of responsible person
Ebrahim Gholami

Street address
Second Flower alley, Kashani Blvd, Second square Sadeghieh

City
Tehran

4

Recruitment center

Name of recruitment center
Dormitory of Emam Hasan

Full name of responsible person
Ebrahim Gholami

Street address
Second Flower alley, Kashani Blvd, Second square Sadeghieh

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Research Dept of Tehran University of Medical Sciences and Health Services

Full name of responsible person
Dr.Ali Akbar Fotoohi

Street address
Ghods avenue, Keshavarz Blvd

City
Tehran

Grant name

Grant code / Reference number

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

Title of funding source
Research Dept of Tehran University of Medical Sciences and Health Services

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 and Health Services

Full name of responsible person
Hamid Joveyni

Position
Ms student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Ph.D

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Web page address

Person responsible for updating data

Contact

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