Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

The effect of promotion physical activity by usage of social ecological model of employees' women in Tabriz university University

Protocol summary

Summary

The studies show that 70 - 80% of Iranian people don't have sufficient physical activity and inactivity in women is higher than men. Physical activity is behavior that need to multilevel intervention. Social ecological model is the best model that includes multilevel changes in interpersonal, interapersonal, social and environmental level. The purpose of this study is to determine the effect of physical activity promotion using social ecological model in employees' women of Tabriz University. This study carries out 5 stages: 1- Informing staffs to participate in the study. 2- Randomized allocating of participants to intervention and control groups. 3- Measuring some factors before intervention as BMI, VO2max by Queen test, Assessment of fat at the 3 point by Caliper, physical activity by international physical activity or IPAQ and questionnaire to assess self efficacy, barrier and benefits, physical and social environment. 4- Making Intervention for 16 weeks 5- Measuring same factors after intervention. 120 employee women of Tabriz University participated in the study. Exclusion criteria were pregnancy, diabetic and heart diseases. In this study, physical activity was measured objectively by pedometer and subjectively by questionnaire. The Purpose of this study was to increase step counts and reaching to 10000 steps/ day.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201205129710N1**
Registration date: **2012-07-23, 1391/05/02**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2012-07-23, 1391/05/02

Registrant information

Name
Fatemeh Bakhtari
Name of organization / entity
Shahid Sadoughi university of medical sciences
Country
Iran (Islamic Republic of)
Phone
+98 41 1332 4605
Email address
bakhtari5@yahoo.com

Recruitment status

Recruitment complete

Funding source

Shahid Sadoughi of medical sciences

Expected recruitment start date

2012-08-14, 1391/05/24

Expected recruitment end date

2013-01-22, 1391/11/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of promotion physical activity by usage of social ecological model of employees' women in Tabriz university University

Public title

Physical activity promotion in Tabriz university employees

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: female staff working at Tabriz

University. Exclusion criteria: pregnancy, diabetes and heart diseases

Age
From **24 years** old to **65 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **120**

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
Shahid Sadoughi university of medical sciences

Street address
yazd, Imem hossein, pirapezeshki

City
Paramedical Faculty, Imam Hosein boulevard, Yazd

Postal code

Approval date
2011-05-22, 1390/03/01

Ethics committee reference number
P/17/1/48391

Health conditions studied

1

Description of health condition studied
Physical activity

ICD-10 code
Z72.9

ICD-10 code description
Problem related to lifestyle, unspecified

Primary outcomes

1

Description
Step count

Timepoint
Pre intervention, intervention, 3 months after intervention

Method of measurement
Pedometer and IPAQ

Secondary outcomes

empty

Intervention groups

1

Description
Education in intervention group

Category
Other

2

Description
lack of education in control group

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Faculties of Tabriz university

Full name of responsible person
Mohammad Asghari

Street address
Abresan, Daneshgah avenue, Tabriz

City
Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahid Sadoughi of medical sciences

Full name of responsible person
Mohammad Hosein Baghiani Moghadam

Street address
Paramedical Faculty, Imam Hosein boulevard, Yazd

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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
Shahid Sadoughi 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

Shahid Sadoughi university of medical sciences

Full name of responsible person

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Position

PhD/ Academic member

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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