Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluation The effect of mobile phone short massage system on physical activity, anthropometric measures and healthy food choices among postmenopausal women - Ahvaz

Protocol summary

Summary

This is a randomized controlled trial on 120 postmenopausal women in Ahvaz (40 - 60 years of age). The main goal of the study is to evaluate the effect of Short Messaging System (Telemedicine) - for sending the information of physical activities and modification of food selections - on increasing these women's physical activity level, improving the anthropometric measures and modifying their food choices. Inclusion criteria are: Menopause, Body Mass Index greater than 25 and having a personal cell phone. Exclusion criteria are: Use of weight loss chemical drugs at least during past year and medical prohibition to perform all types of physical activities. Text messages in the study will be prepared according to WHO physical activity guidelines and other instructions mentioned in the valid bases for postmenopausal women. Then the information will be reviewed by the expert team and will be sent to participants every other day. For 4 months, every week, a text message including the modification of the food selection (healthy choices, benefits, methods, etc.) will be sent to the participants. After 4 months, the anthropometric measures and physical activity level in both control and intervention groups will be measured by the International physical Activity Questionnaire (IPAQ). Changes in food selection will be evaluated by standard Food Frequency Questionnaire(FFQ). The same content of the messages of the intervention group will be posted to the control group each month.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201205289889N1**
Registration date: **2012-11-08, 1391/08/18**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2012-11-08, 1391/08/18

Registrant information

Name

Mahdis Vakili

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 916 830 0423

Email address

vakili.m@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology of Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2012-06-09, 1391/03/20

Expected recruitment end date

2012-09-20, 1391/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation The effect of mobile phone short massage system on physical activity, anthropometric measures and healthy food choices among postmenopausal women - Ahvaz

Public title
effect of training via mobile phone short massage system on physical activity, anthropometric measures and food choices.
Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion Criteria: 1. BMI greater than 25 2. 40 - 60 years of age 3. basic familiarity with the usage of mobile phone and send and receive SMS 4. No menstruation for at least one year 5. Being literate 6. Willingness to participate in the study 7. Having a personal cell phone number 8. Husband's consent to participate in the study. Exclusion Criteria: 1. Receiving a chemical drug for weight loss for at least 1 year up to now 2. A complete prohibition to do any physical activity.
Age
From **40 years** old to **60 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
Randomization: Random sampling will be used in the study. The first two referred cases to the health center will be divided into intervention and control groups by using random numbers table. Other individuals will be divided into the control and intervention groups one by one.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Ahvaz Jundishapur University of Medical Sciences
Street address
Jundishapur University of Medical Sciences, Ahvaz, Khuzestan
City
Ahvaz
Postal code
6135715749
Approval date
2012-05-26, 1391/03/06
Ethics committee reference number
Eth-500

Health conditions studied

1

Description of health condition studied
Other obesity
ICD-10 code
E66.8
ICD-10 code description
Morbid obesity

2

Description of health condition studied
Obesity, unspecified
ICD-10 code
E66.9
ICD-10 code description
Simple obesity NOS

Primary outcomes

1

Description
Body Mass Index
Timepoint
Before study - After study (4 months later)
Method of measurement
Height (standard stadiometer) and for weight standard scale

2

Description
Weight
Timepoint
Before study - After study (4 months later)
Method of measurement
Standard scale

3

Description
Waist circumference
Timepoint
Before study - After study (4 months later)
Method of measurement
Standard meter

4

Description
Hip circumference
Timepoint
Before study - After study (4 months later)

Method of measurement
Standard meter

5

Description
Physical activity level
Timepoint
Before study - After study (4 months later)
Method of measurement
International Physical Activity Questionnaire (IPAQ)

6

Description
Healthy food choices
Timepoint
Before study - After study (4 months later)
Method of measurement
Standard Food Frequency Questionnaire (FFQ)

Secondary outcomes

empty

Intervention groups

1

Description
Control group: The same content, as the intervention group will be send by mail (hard copy) to the control group, once a month during the study.
Category
Lifestyle

2

Description
Intervention group: Some instructions about the physical activity (how to operate, duration, frequency, benefits, etc.) will be sent to them via SMS. The text messages will be sent 3 times a week and one for each time. This process will continue four months. They will be asked to pay attention to SMSs, read and do them, if possible. Sending and receiving the SMSs will be monitored by the expert team. Once a week, a text message containing modifying food selection (healthy food choices, benefits of healthy choices, methods of shopping and the other healthy choices) will be sent to them. The content of text messages are derived from the reliable scientific texts, (the World Health Organization and the Center for Disease Control (CDC) web sites) and other valid sites for postmenopausal women. The messages will be sent after review and approval of the expert team.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
East Health Center of Ahvaz (number 1)
Full name of responsible person
Mahdis Vakili
Street address
Gandomi Street, Next to the Mosalla, East Health Center, Ahvaz
City
Ahvaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research and Technology of Ahvaz Jundishapur University of Medical Sciences
Full name of responsible person
Dr Mostafa Feghhi
Street address
Golestan Ave. Jundishapur University of Medical Sciences, Ahvaz, Khuzestan
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research and Technology of Ahvaz Jundishapur 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
Ahvaz Jundishapur University of Medical Sciences
Full name of responsible person
Mahdis Vakili
Position
Bachelor Student of Nutrition Science
Other areas of specialty/work
Street address
Golestan Avenue, Paramedicine school, Jundishapur University of Medical Sciences, Ahvaz, Khuzestan
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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