

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

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

Public title

effect of training via mobile phone short message 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 Fegghi

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**

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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