Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Assessment of the influence of motivational interviewing and healthy diet on anthropometric indexes and blood pressure in at risk for overweight and overweight school child

Protocol summary

Summary

The aim of the study is assessing the influence of motivational interviewing and healthy diet on anthropometric indexes and blood pressure in at risk for overweight and overweight school child. Boys and girls between 6 to 12 years old, that Their Body Mass Index's percentile is over 85 are enrolled. The inclusion criteria are including: having other diseases, using weight loss drugs, don't adhere to diet or failing to attend counseling sessions. The sample size is 104 persons who randomly divided into 3 groups. Group 1 (intervention with diet therapy), group 2 (intervention with both the diet therapy and behavioral therapy) and group 3 (control group). After 8 weeks of intervention, anthropometric indices (height, weight and waist circumferences) and blood pressure are evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015051311763N20**
Registration date: **2016-04-19, 1395/01/31**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-04-19, 1395/01/31

Registrant information

Name

Gholamreza Askari

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 1792 2110

Email address

askari@mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2015-11-22, 1394/09/01

Expected recruitment end date

2016-04-18, 1395/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment of the influence of motivational interviewing and healthy diet on anthropometric indexes and blood pressure in at risk for overweight and overweight school child

Public title

Effect of motivational interviewing and healthy diet on overweight and obesity.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Boys and girls between 6-12 years old; BMI over 85 percentile. Exclusion criteria: Having other diseases including: heart disease; kidney diseases; hyperactivity disorders; thyroid disorders; hormonal disorders; diabetes; Use of weight loss drugs; Not adherence to diet; Failure to attend counseling sessions

Age

From **6 years** old to **12 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **104**

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

Isfahan University of Medical Sciences

Street address

Isfahan- hezar jarib street- Isfahan University of Medical Sciences

City

Isfahan

Postal code

Approval date

2015-02-22, 1393/12/03

Ethics committee reference number

393880

Health conditions studied

1

Description of health condition studied

obesity

ICD-10 code

E66

ICD-10 code description

obesity

Primary outcomes

1

Description

weight

Timepoint

at begining and 8 weeks

Method of measurement

kg

2

Description

blood pressure

Timepoint

at begining and 8 weeks

Method of measurement

mm hg

3

Description

waist circumference

Timepoint

at begining and 8 weeks

Method of measurement

cm

4

Description

height

Timepoint

at begining

Method of measurement

cm

Secondary outcomes

1

Description

physical activity

Timepoint

at begining and 8 weeks

Method of measurement

record

Intervention groups

1

Description

Diet therapy

Category

Treatment - Other

2

Description

Diet therapy and motivational interviewing

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Amin Hospital Children Research Center

Full name of responsible person
Dr. Gholamreza Askari

Street address
Isfahan- Hezar jarib Street- Isfahan University of Medical Sciences- School of Nutrition & Food Science

City
Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Isfahan University of Medical Sciences

Full name of responsible person
Dr Amir mansour Alavi

Street address
Isfahan- Hezar Jarib Street- Isfahan University of Medical Sciences- School of Nutrition & Food Science

City
Isfahan

Grant name

Grant code / Reference number

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

Title of funding source
Isfahan 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
Isfahan University of Medical Sciences

Full name of responsible person
Dr.Gholamreza Askari

Position
Assistant Professor, School of Nutrition and Food Sciences, Isfahan University of Medical Sciences,

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Other areas of specialty/work

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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