Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of electronic learning on Nutritional Behaviors and Physical Activity of female students(10 to 12 years old) with overweight

Protocol summary

Summary

This is a quasi-experimental study. The purpose of this study is evaluation of the effectiveness of e-learning on Nutritional Behaviors and Physical Activity among female students of Tehran 17th zone. Inclusion criteria: 10-12 years old; students not participate in similar research; Their body mass index is between 85 to 95 percentile; access to DVD player and know how to use it by him/herself or family member. Exclusion criteria: Unwillingness to continue participation in research; Lack of access to computers or playback devices; students do not know how to use a computer or have not access to someone who can help him in using the computer. Samples are consisted of 150 female students from 4 elementary schools of Tehran 17th zone which are selected with a multistage sampling method and are randomly assigned to intervention and control groups. Intervention is education based on e-learning that will be presented to students in the intervention group. Data will be collected using self-reported questionnaire before and two month after education. We will investigate Nutritional Behaviors and Physical Activity in groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014012612382N6**
Registration date: **2015-06-01, 1394/03/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-06-01, 1394/03/11

Registrant information

Name

Zahra Rahnavard

Name of organization / entity

Tehran University of Medical sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2015-04-18, 1394/01/29

Expected recruitment end date

2015-04-25, 1394/02/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of electronic learning on Nutritional Behaviors and Physical Activity of female students(10 to 12 years old) with overweight

Public title

The effect of education on students' nutritional behaviors and physical activity.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: 10-12 years old; students not participate in similar research; Their body mass index is between 85 to 95 percentile; access to DVD player and know how to use it by him/herself or family member. Exclusion criteria: Unwillingness to continue participation

in research; Lack of access to computers or playback devices; students do not know how to use a computer or have not access to someone who can help him in using the computer.

Age
From **10 years** old to **12 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **68**

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
Ethical Review Commiitee of Tehran University of Medical Sciences

Street address
Keshavarz Blvd, Ghods street, Central building of Tehran University of Medical Sciences, 6th floor

City
Tehran

Postal code
1419733171

Approval date
2015-04-11, 1394/01/22

Ethics committee reference number
93-04-28-27737-144517

Health conditions studied

1

Description of health condition studied
overweight

ICD-10 code
E66.9

ICD-10 code description
Obesity, unspecified

Primary outcomes

1

Description
knowledge about nutritional habits and physical activity.

Timepoint
Preintervention and 2 months later

Method of measurement
Nutritional Behaviors Questionnaire & Physical Activity Questionnaire

Secondary outcomes

1

Description
Change In Performance

Timepoint
Preintervention and 2 months later

Method of measurement
Questionnaire

Intervention groups

1

Description
Intervention group: In this group, a CD containing one hour educational movies of nutritional Behaviors and physical activity delivered.

Category
Lifestyle

2

Description
Control group dont recieve any intervention.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Department of Education Tehran

Full name of responsible person
Razieh Rezaie

Street address
Ghazvin Street, Tehran

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Tehran University of Medical Scincesical Sciences

Full name of responsible person

Dr. Ziba Taghizadeh

Street address

Nosrat St.,Tohid Square, Faculty of Nursing and Midwifery

City

Tehran

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, Tehran University of Medical Scincesical 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

Tehran University of Medical Siences

Full name of responsible person

Razieh Rezaie

Position

Nursing student

Other areas of specialty/work

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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