

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Development and Evaluation of the Effectiveness of an Intervention Based on New Communication Technologies and the Social-Cognitive Theory on the Weight Control and Lifestyle of the Employees With Overweight and Obesity

Protocol summary

Summary

Aim: The aim of this study is to evaluate the effect of the intervention based on new communication technologies and the social cognitive theory on the life style and weight control in the governmental employees of Hamadan City, western Iran. The most important inclusion criteria are: Body Mass Index (BMI) > 25 kg/m²; working for at least 8 hours per week; having computer and to be familiar with working with computer; access to the telephone, cell phone, and the Internet, and familiarity with working with these technologies; and age above 18 years. The exclusion criteria are pregnancy; depression; and other disorders leading to physical inactivity. The study population consists of 1200 employees from fifty organizations. Based on the primary studies, the sample size for the study is estimated at 435 employee with overweight or obesity. Intervention: The educational intervention will be performed for 6 months under the title of "lifestyle program". Primary outcomes of the study are BMI, life style and social -cognitive theory constructs. This is a controlled trial, with randomization to three arms: telephone- assisted intervention", "web- assisted intervention ", and "control" groups. Participants will be assessed at baseline and after six and nine months.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014083118989N1**
Registration date: **2016-01-02, 1394/10/12**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-02, 1394/10/12

Registrant information

Name

Jalal Abdi

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tehran University of Medical Sciences

Expected recruitment start date

2013-12-22, 1392/10/01

Expected recruitment end date

2014-05-22, 1393/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Development and Evaluation of the Effectiveness of an Intervention Based on New Communication Technologies and the Social-Cognitive Theory on the Weight Control and Lifestyle of the Employees With Overweight and Obesity

Public title

Effect of the New Technologies-based Education on the life style and Obesity of Employees

Purpose

Prevention

Inclusion/Exclusion criteria

The most important inclusion criteria are: Body Mass Index(BMI)>25kg/m²; working for at least 8 hours per week; having computer and to be familiar with working with computer ; access to the telephone, cell phone, and the Internet, and familiarity with working with these technologies; and age above 18 years. The exclusion criteria are pregnancy; depression; and other disorders leading to physical inactivity

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **435**

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

Vice Chancellor for Research, Tehran University of Medical Sciences

Street address

Vice Chancellor for Research, Tehran University of Medical Sciences, Keshavarz Boulevard, Engelab Square.Tehran,Iran

City

Tehran

Postal code

Approval date

2014-08-13, 1393/05/22

Ethics committee reference number

1139/130/93/

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E66.0

ICD-10 code description

Obesity due to excess calories

2

Description of health condition studied

lifestyle

ICD-10 code

z72

ICD-10 code description

Problems related to lifestyle

Primary outcomes

1

Description

Body Mass Index

Timepoint

baseline.6 and 9 months after

Method of measurement

digital scale (kg) ,Tape(cm)

2

Description

Lifestyle

Timepoint

baseline.6 and 9 months after

Method of measurement

questionnaire

3

Description

Social -cognitive theory constructs

Timepoint

baseline.6 and 9 months after

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Blood Pressure

Timepoint

Baseline,6 and9 months after intervention

Method of measurement

sphygmomanometer(mmHg)

2

Description

Waist circumference

Timepoint

Baseline, 6 and 9 months after intervention

Method of measurement

Tape(cm)

Intervention groups

1

Description

Phone intervention: The intervention starts when the personal counsellor first calls the participant. The "lifestyle programme" consists of 10 modules (lessons) that provide the participants with information on the nutrition and physical activity. The assignments teach the participants how to use the strategies in their daily lives. The intervention will be continued for 6 months. Subjects in the telephone- assisted group will be received the lessons via the SMS. Telephone consultations will be provided at the end of every two weeks.

Category

Behavior

2

Description

Internet intervention: A website is developed for the intervention, With unique username and password for each participants. The employee is asked to fill out some personal details for the counselor. The 'lifestyle programme' consists of 10 modules (lessons) that provide the participants with information on the nutrition and physical activity. The intervention will be continued for 6 months. Subjects in the web- assisted group will be received the lessons via the web. E-mail consultations will be provided at the end of every two weeks.

Category

Treatment - Drugs

3

Description

Control group: The control group will be received general brochures about lifestyle and overweight although they do not receive the lifestyle program.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Hamadan University of Medical Sciences

Full name of responsible person

Jalal Abdi

Street address

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chansellor for Research, Tehran University of Medical Sciences

Full name of responsible person

Massod Yonesian

Street address

Vice Chancellor for Research, Tehran University of Medical Sciences, Keshavarz Boulevard, Engelab Square. Tehran, Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chansellor for Research, Tehran 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

Department of Health Education and Promotion, School of Public Health, Tehran University of Medical

Full name of responsible person

Jalal Abdi

Position

Ph.D candidate

Other areas of specialty/work

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Person responsible for scientific inquiries

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Phone

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Fax

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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