

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Sep 2026

### Effect of supportive social network on physical activity(PA) of female teachers

#### Protocol summary

##### Summary

The aim of this study is to investigate the effect of social support network on physical activity of female teachers in Jolfa. Design of study: This study is a randomized clinical trial with intervention and control groups. Method: at the base line, demographic characteristics, physical activity, social support and self-efficacy will survey by using standard questionnaires. At the intervention, intervention participants will receive instructional sessions of physical activity, to create social network and social support in workplace. At the follow-up, the same procedure will use for data collection at the base line.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014091419167N1**

Registration date: **2015-01-07, 1393/10/17**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2015-01-07, 1393/10/17

##### Registrant information

###### Name

Habibeh SahranavardGargari

###### Name of organization / entity

Tabriz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 41 4205 9022

###### Email address

sahranavardhb@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Tabriz University of Medical Sciences

##### Expected recruitment start date

2014-08-23, 1393/06/01

##### Expected recruitment end date

2015-02-19, 1393/11/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of supportive social network on physical activity(PA) of female teachers

##### Public title

Effect of supportive social network on physical activity(PA) of female teachers

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: The female teachers of Jolfa who are neither pregnant nor have any chronic diseases.

Exclusion criteria: those who leave long time for pregnancy; sick leave; training mission; are nonresidents of Jolfa or have particular disease such as diabetes and heart disease or not attending in training meetings regularly

##### Age

No age limit

##### Gender

Female

##### Phase

N/A

##### Groups that have been masked

No information

## Sample size

Target sample size: 230

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

Choosing schools as control or intervention groups will be done simple random sampling. Society for the study in the census are entered study

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Tabriz University of medical sciences

##### Street address

Golgasht Ave ,Faculty of Health, Tabriz University of medical sciences, Tabriz , Iran

##### City

Tabriz

##### Postal code

5166614711

#### Approval date

2014-08-20, 1393/05/29

#### Ethics committee reference number

9376

## Health conditions studied

### 1

#### Description of health condition studied

physical activity

#### ICD-10 code

xxi

#### ICD-10 code description

XXI Factors influencing health status and contact with health services

## Primary outcomes

### 1

#### Description

Physical activity

#### Timepoint

Before and after intervention

#### Method of measurement

International Physical Activity Questionnaire

## Secondary outcomes

### 1

#### Description

Social support

#### Timepoint

before and one month after the intervention ended

#### Method of measurement

social support questionnaire friends and colleagues

## Intervention groups

### 1

#### Description

Participants in the intervention group will expose to an 8-week educational intervention based on social ecological model. session 1: benefits of PA, The effects of PA on health, forming of group to educate social support skills (i.e. social support of colleagues for making more connection channels) in the form of group discussions in each group. session2: practical exercise like static stretching and walking. Session3: walking, dynamic stretching and jogging. Session4: stretching exercises, walking, running and some exercises for abdominal strength, The fifth session: repeating previous exercises (stretching, walking, kinetic activities for muscles), The sixth session: stretching exercises in accompany with synchronization between arms and legs, Seventh session: aerobics, Eighth session: physical readiness

#### Category

Other

### 2

#### Description

will not be assigned to the control group

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

City schools of Jolfa

##### Full name of responsible person

Habibeh sahranavard Gargari

##### Street address

Hadishahr Dr Sajdi Hospital

##### City

Hadishahr

## Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**

Research Vice Chancellor, Tabriz University of Medical Sciences

**Full name of responsible person**

Mohammad Asghari Jafarabadi

**Street address**

Golgasht AVE ,Faculty of Health, Tabriz University of medical sciences, Tabriz , Iran

**City**

Tabriz

**Grant name**

-

**Grant code / Reference number**

-

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

Yes

**Title of funding source**

Research Vice Chancellor, Tabriz 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**

School of Health, Tabriz University of Medical Sciences

**Full name of responsible person**

Habibeh Sahranavard Gargari

**Position**

Msc Student, Department of Health Education ,School of Health

**Other areas of specialty/work****Street address**

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### Person responsible for scientific

## inquiries

**Contact****Name of organization / entity**

Tabriz University of medical sciences

**Full name of responsible person**

Dr Ahmad Kousha

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Assistant Professor

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### Person responsible for updating data

**Contact****Name of organization / entity**

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**Full name of responsible person**

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Msc Student, Department of Health Education

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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*

