

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**

Hadishahr Dr Sajdi Hospital, Livarjan AVE, Hadishahr

City

Hadishahr

Postal code

5431877549

Phone

+98 41 4205 9022

Fax

+98 41 4205 9011

Email**Web page address**

Person responsible for scientific

inquiries

Contact**Name of organization / entity**

Tabriz University of medical sciences

Full name of responsible person

Dr Ahmad Kousha

Position

Assistant Professor

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

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

City

Tabriz

Postal code

5166614711

Phone

+98 41 1335 7580

Fax**Email**

amkousha@yahoo.com

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Faculty of Health, Tabriz University of Medical sciences

Full name of responsible person

Habibeh Sahranavard Gargari

Position

Msc Student, Department of Health Education

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Hadishahr Dr Sajdi Hospital, Livarjan AVE, Hadishahr

City

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5431877549

Phone

+98 41 4205 9022

Fax

+98 41 4205 9022

Email**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

