

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

Investigating effect of a physical activity education based on planned behavior theory on physical activity among 7-12 years old girls with obesity

Protocol summary

Summary

Objectives: In this research, level of physical activity in both control and intervention group will be measured. By comparing the result of the two groups, effectiveness of the educational method is determined. If the method turns out to be effective, it can be used for future health educations and researches. **Design:** The study will be on the student of elementary school of the west of Tehran, with overweight or obesity. One school as the control group, and another as the intervention group will be determined with randomization. **Setting and conduct :** Sample size is specified to be 50 students at each school. At first, region 5 in the west of Tehran is chosen randomly then from all schools 2 school randomly selected. 5 educational sessions are held for the intervention group. **Participants:** in the schools specified student with obesity and overweight are determined from the health files of students of the schools and their height and weight will be measured and those who are willing to participate in the research are studied. **main outcome :** All students in both groups will be pretested, then the intervention group will be thought for 5 sessions. Finally, one week after the last session all students will be post tested. **Variable:** independent variable is educational intervention based on planned behavioral theory and dependent variable is level of physical activity, using the questionnaire, level of physical activity of each person during the last week will be measured.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2015061722790N1**
Registration date: **2015-08-12, 1394/05/21**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-08-12, 1394/05/21

Registrant information

Name

Zahra Rahmaty

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 3612 6412

Email address

ekhterachian@physics.sharif.edu

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Iran University of Medical Sciences

Expected recruitment start date

2015-09-25, 1394/07/03

Expected recruitment end date

2015-11-22, 1394/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating effect of a physical activity education based on planned behavior theory on physical activity among

7-12 years old girls with obesity

Public title

Investigating effect of a physical activity education based on planned behavior theory on physical activity among 7-12 years old girls with obesity

Purpose

Prevention

Inclusion/Exclusion criteria

inclusion criteria: Being girl; Being in Tehran west region schools; 7 to 12 years old; Being obese or overweight based on WHO references; Willing to participate from child and her family; Without any disability exclusion criteria: more than one session absence

Age

From **8 years** old to **13 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

random number generation using calculator

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Iran University of Medical Sciences

Street address

Iran University Of Medical Sceinces, between Sheikh Fazlollah and Chamran street, Shahid Hemmat highway

City

Tehran

Postal code

Approval date

2015-06-14, 1394/03/24

Ethics committee reference number

ir.iums.rec.1394.9211196248

Health conditions studied

1

Description of health condition studied

Obesity and Overweight

ICD-10 code

E66.9

ICD-10 code description

Simple obesity NOS

Primary outcomes

1

Description

Physical Activity

Timepoint

before intervention and 2 months after

Method of measurement

questionnaire

Secondary outcomes

1

Description

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

intervention group, five session education based on planned behavioral theory with PowerPoint and videos, time of each session is 45 minutes, sessions are designed based on the theory and have been approved by 10 professors.

Category

Lifestyle

2

Description

control group, in this group no intervention will be occur

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Girls' elementary schools of the west region of Tehran

Full name of responsible person

Zahra Rahmaty
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Iran University of
Medical Sciences

Full name of responsible person

Dr. Khanjary

Street address

School of Nursing, Rashid Yasemi Street, Valiasr
street, 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 Chancellor for research of Iran 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

Nursing school of Iran University Of Medical Science

Full name of responsible person

Zahra Rahmaty

Position

Master Of Science Student in Nursing

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