

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 Jun 2026

### The effect of Motivational Interviewing- based intervention through Self-Determination Theory on Physical Activity promotion and maintenance among women of fertile age who referred to Health-care centers in Tonekabon

#### Protocol summary

##### Summary

The objective of the study is to determine the effect of Motivational Interviewing- based intervention through Self- determination theory on physical activity promotion and maintenance among women in fertility age who referred to Health-care centers in Tonekabon. Inclusion Criteria is women 49-15 years, married, regular participation in educational sessions. Exclusion Criteria is pregnant women, with major diseases and orthopedic problems, irregular participation in educational sessions. This study carries out in two parts of Cross-sectional and Randomized controlled Trial. In the first part 412 women in fertility age who referred to Health-care centers in Tonekabon that they are selected by randomized sampling and assessed. Data are collected by a questionnaire including demographic variables ,exercise history, anthropometric variables including Body Mass Index, physical fitness tests, a questionnaire including component of Self-determination theory and Global Physical Activity Questionnaire. In the second part of the study, among under-study subjects Cross-Sectionally, 70 women are randomly selected and participated in Randomized control Trial. The intervention group (N= 35) receive four group Motivational Interviewing sessions and one session of standard educational programme on physical activity. Control group (N=35) receive only one session of standard educational programme on physical activity. Randomized controlled Trial is carries out at before, immediately & 4-months after Educational program. early outcome of the intervention is its effect on component of self-determination theory and physical activity.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015101924592N1**

Registration date: **2016-02-02, 1394/11/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-02-02, 1394/11/13

##### Registrant information

###### Name

Nooshin Rouhanitonekaboni

###### Name of organization / entity

Yazd Shahid Sadooghi University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 35 3820 9138

###### Email address

mazloomy@ssu.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Yazd Shahid Sadoughi University Of Medical Sciences,School of Public Health

##### Expected recruitment start date

2014-08-06, 1393/05/15

##### Expected recruitment end date

2015-02-24, 1393/12/05

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

## Scientific title

The effect of Motivational Interviewing- based intervention through Self-Determination Theory on Physical Activity promotion and maintenance among women of fertile age who referred to Health-care centers in Tonekabon

## Public title

The effect of Motivational Interviewing- based intervention through Self-Determination Theory on Physical Activity promotion and maintenance among women of fertile age who referred to Health-care centers in Tonekabon

## Purpose

Prevention

## Inclusion/Exclusion criteria

inclusion criteria: women of 49-15 years; married; they were willing to participation to educational session; exclusion criteria: women were pregnant and they have major diseases and orthopedic problems; and they do not adhere intervention program.

## Age

From **79 years** old to **45 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **70**

## Randomization (investigator's opinion)

N/A

## 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

Yazd Shahid Sadooghi University of Medical Sciences

##### Street address

BahonarSquare, Yazd

##### City

Yazd

##### Postal code

#### Approval date

2013-11-23, 1392/09/02

#### Ethics committee reference number

17/1/165422/پ

## Health conditions studied

### 1

#### Description of health condition studied

Lack of Physical Activity

#### ICD-10 code

Z72.3

#### ICD-10 code description

Lack of physical exercise

## Primary outcomes

### 1

#### Description

Physical Activity

#### Timepoint

Baseline and fourth month

#### Method of measurement

Global Physical Activity Questionnaire and Physical Fitness Tests

## Secondary outcomes

### 1

#### Description

physical fitness tests

#### Timepoint

pretest-post test-follow up

#### Method of measurement

tests

## Intervention groups

### 1

#### Description

Control group receive one session of standard educational programme on physical activity

#### Category

Behavior

### 2

#### Description

The intervention group receive Educational program included four group Motivational Interviewing sessions and one session of standard educational programme on physical activity

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**  
Urban Health Care Centres  
**Full name of responsible person**  
Nooshin Rouhanitonekaboni  
**Street address**  
Urban Health Care Centres, Tonekabom, Mazandaran  
**City**  
Tonekabon

rouhani.phd@gmail.com  
**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Yazd Shahid Sadooghi University of Medical Sciences  
**Full name of responsible person**  
Dr Seyed Saeed Mazloomi Mahmoodabad  
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**Other areas of specialty/work**  
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mazloomi@ssu.ac.ir  
**Web page address**

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Yazd School of Public Health  
**Full name of responsible person**  
Dr Seyed Saeed Mazloomi Mahmoodabad  
**Street address**  
School of Public Health, Shohadaye Gomnam Blvd,  
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**City**  
Yazd

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Yazd School of Public Health

#### 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**  
Yazd Shahid Sadooghi University of Medical Sciences  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Phd Candidate, Department of Health Seviles of Yazd  
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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*