

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jul 2026

### Study effects of a mother centered education on physical activity of overweight and obese grade 1-3 students

#### Protocol summary

##### Summary

Objectives: Determination of the effect of education by mother's monitoring on physical activity of children that suffering of overweight and obesity in first grade to third grade in Behbahan. Design: This field trial is before and after done on the mothers of child 7 to 9 years old, that suffering of overweight in Behbahan. Participants: Using cluster sampling 96 samples were selected for each test and control groups. Inclusion criteria: Mother has child with overweight and obesity, aged 7 to 9 years old and is studying in Behbahan's schools. Mother is educated. Healthy children to be determined from the disease than obesity and did not treatment of obesity. Exclusion criteria: Mother and Child is not possible to continue working with researchers. Setting and conduct: firstly obtained anthropometric data of child, secondly Information collected by questionnaires from mothers of both groups and based on that training program will be designed, thirdly Mothers in the intervention group attended five training sessions and finally done Evaluation of the intervention program with the statistical analysis. Intervention: In this scheme, Training will be designed on the basis of Transtheoretical model. The primary outcome of study will be, Increased mother monitoring on your child's physical activity and Other consequences Increasing physical activity, Reducing inactivity in children, Increased efficacy, Processes of change, The balance of making decision in mothers.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015112425230N1**

Registration date: **2016-01-03, 1394/10/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-01-03, 1394/10/13

##### Registrant information

###### Name

Afifeh Abednejad

###### Name of organization / entity

Yasuj University of Medical Science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 61 5287 0659

###### Email address

abednejada@yahoo.com

##### Recruitment status

###### Recruitment complete

##### Funding source

Vice Chancellor for research of Yasuj University of Medical Sciences

##### Expected recruitment start date

2014-09-23, 1393/07/01

##### Expected recruitment end date

2014-10-23, 1393/08/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Study effects of a mother centered education on physical activity of overweight and obese grade 1-3 students

##### Public title

Increased monitoring of the mother on child's physical activity suffering from overweight and obesity

##### Purpose

Prevention

### **Inclusion/Exclusion criteria**

Inclusion criteria: Mother has child aged 7 to 9 years; Child is studying in Behbahan's schools; Mother has child that suffering of overweight and obesity; Mother is educated; Also child do not suffering from certain diseases such as Mental retardation; Psychological symptoms; Chronic Diseases like Endocrine disorders (Cushing, Hypothyroidism) Apart from obesity; Child does not use drugs like (Antipsychotic, Anti-depressant, Corticosteroids, Anticonvulsants, Insulin) and also does not Treated for his/her obesity; not considered Physical activity program for children. Exclusion criteria: Mother and Child is not possible to continue working with researchers; Children lost the ability to perform physical activity.

### **Age**

From **7 years** old to **9 years** old

### **Gender**

Both

### **Phase**

N/A

### **Groups that have been masked**

*No information*

### **Sample size**

Target sample size: **192**

### **Randomization (investigator's opinion)**

Randomized

### **Randomization description**

### **Blinding (investigator's opinion)**

Not blinded

### **Blinding description**

### **Placebo**

Not used

### **Assignment**

Crossover

### **Other design features**

Using cluster sampling

## **Secondary Ids**

empty

## **Ethics committees**

### **1**

#### **Ethics committee**

##### **Name of ethics committee**

Ethics committee of Kohgiloye and Boyer Ahmad  
University of Medical Science

##### **Street address**

Vice chancellor for research University, Shahid  
Motahari avenue, Yasuj

##### **City**

Yasuj

##### **Postal code**

#### **Approval date**

2015-02-22, 1393/12/03

#### **Ethics committee reference number**

YUMS.REC.1394.29

## **Health conditions studied**

### **1**

#### **Description of health condition studied**

obesity

#### **ICD-10 code**

E66.0

#### **ICD-10 code description**

Obesity due to excess calories

## **Primary outcomes**

### **1**

#### **Description**

mother's monitoring on physical activity of her child

#### **Timepoint**

Before of intervention and one month after intervention

#### **Method of measurement**

Researcher made questionnaire to measure the stage of change for monitoring of mother

## **Secondary outcomes**

### **1**

#### **Description**

Mother's awareness of physical activity

#### **Timepoint**

Before of intervention and one month after intervention

#### **Method of measurement**

Researcher made questionnaire Mother's awareness of physical activity

### **2**

#### **Description**

Processes of change mother

#### **Timepoint**

Before of intervention and one month after intervention

#### **Method of measurement**

Researcher made questionnaire Processes of change mother

### **3**

#### **Description**

Decisional balance mother

#### **Timepoint**

Before of intervention and one month after intervention

#### **Method of measurement**

Researcher made questionnaire Decisional balance mother

### **4**

#### **Description**

Self-efficacy mother

#### **Timepoint**

Before of intervention and one month after intervention

#### **Method of measurement**

Researcher made questionnaire Mother's Self-efficacy

## 5

### Description

Physical activity of child

### Timepoint

Before of intervention and one month after intervention

### Method of measurement

Standard questionnaire Physical activity of child

## Intervention groups

### 1

#### Description

Intervention group: Educational lectures and individual counseling

#### Category

Behavior

### 2

#### Description

Control group: Without intervention

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

office of education Behbahan city

##### Full name of responsible person

Afifeh Abednejad

##### Street address

##### City

Behbahan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice Chancellor for research of Yasuj University of Medical Science

##### Full name of responsible person

Kambiz Karimzadeh Shirazi

##### Street address

Health Faculty of Yasuj University of Medical Science, Yasuj

##### City

Yasuj

##### 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 Yasuj University of Medical Science

#### 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

Yasuj University of Medical Science

##### Full name of responsible person

Afifeh Abednejad

##### Position

Master Student of Health Education

##### Other areas of specialty/work

##### Street address

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## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Vice chancellor for research, Yasuj University of Medical Science

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Expert 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*

**Data Dictionary**

*empty*