

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

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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

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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