Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The impact of mobile phone short messages based on meta-theoretical model on promoting physical activity in students of Arak University of Medical Sciences.

Protocol summary

Summary

The aim of this study was to determine the impact of mobile phone short messages on promotion of physical activity is based on meta-theoretical model.The population consisted of 120 students of the University of Medical Sciences. In the beginning, for sampling the Schools, four schools will be selected. the number of students chosen randomly. At this point, the lack of contact Students intervention and control and the risk they affect each other, groups of students from the School of Public Health and Group Control of other college students are selected. Students in terms of educational level, education level, age and ... are matched group. Volume 60 patients were in each group. Lifestyle education SMS messages are sent via mobile phone. For this purpose, a social group whose members are composed Telegram The intervention group and researchers, and educational messages designed for one month during the initial assessment and Meta-theoretical model will be sent to the members and the members also interact with researchers and with your teammates they do. Three months after the second evaluation and intervention before and after the study, in the analysis and Educational content is placed in the control group. (Criteria includes: being in pre-practice transtheoretical model (pre-contemplation, contemplation and preparation), Consent to participation in educational programs and Exclusion criteria included: the lack of consent to continue participating in the intervention, academic problems and physical problems, Emotional or mental participants in a study.)The primary outcome: the promotion of physical activity students of the secondary outcome Promotion of change, change processes, efficacy and decision balance.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015121925604N1**
Registration date: **2016-05-15, 1395/02/26**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-05-15, 1395/02/26

Registrant information

Name

Mahboobeh Ataollahi

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 4323 2031

Email address

m.ataollahi@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2015-05-22, 1394/03/01

Expected recruitment end date

2015-10-22, 1394/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The impact of mobile phone short messages based on meta-theoretical model on promoting physical activity in students of Arak University of Medical Sciences.

Public title
The impact of mobile phone short messages based on meta-theoretical model on promoting physical activity for students

Purpose
Prevention

Inclusion/Exclusion criteria
(Criteria includes: being in pre-practice transtheoretical model (pre-contemplation, contemplation and preparation,(participation in educational programs and Exclusion criteria included: the lack of consent to continue participating in the intervention, academic problems and physical problems, Emotional or mental participants in a study.)

Age
From **18 years** old to **30 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **120**

Randomization (investigator's opinion)
Randomized

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
Ethics Committee of Arak Univerdity of Medical Sciences

Street address
Arak University of Medical Sciences, Basij Sq., Sardashat, Arak

City
Arak

Postal code
3818146851

Approval date
2015-04-21, 1394/02/01

Ethics committee reference number
IR.ARAKMU.REC.1394.33

Health conditions studied

1

Description of health condition studied
Training students to enhance physical activity

ICD-10 code
Z12.8

ICD-10 code description
Special screening examination for neoplasms of other sites”

Primary outcomes

1

Description
Promotion of physical activity girls students

Timepoint
Before and 3 months after educational intervention and control groups

Method of measurement
Questionnaire

Secondary outcomes

1

Description
Stage of change, process of change, self efficiency, decisional balance

Timepoint
Before and 3 months after educational intervention and control groups

Method of measurement
Questionnaire

Intervention groups

1

Description
Groups: According to the needs assessment done to see educational materials and for short messages from mobile phones through telegram, the students will be given by researcher.

Category
Prevention

2

Description
The control group after the intervention of educational messages to students.

Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Arak University of Medical Sciences
Full name of responsible person
Mahboobeh ataollahi
Street address
Faculty of Health, Golestan Street, Mustafa Khomeini Area, Arak
City
Aarak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Sponsor 1 Arak University of Medical Sciences
Full name of responsible person
Dr Mohammad Rafie
Street address
Arak University of Medical Sciences, Basij Sq., Sardashat, Arak
City
Arak
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Sponsor 1 Arak 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
Arak University of Medical Sciences
Full name of responsible person
Mahboobeh ataollahi
Position
MSC
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Person responsible for scientific inquiries

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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