

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 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

Arak

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

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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PhD

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Person responsible for updating data

Contact

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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