

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effect of education based on extended parallel process model on weight and knowledge of women about overweight before pregnancy

Protocol summary

Summary

The purpose of this study is evaluating the effect of education based on extended parallel process model on weight and knowledge of women about overweight before pregnancy. Sample size is sixty women with BMI more than Twenty-five, referred to counseling pre-pregnancy to health centers in Mashhad. For Sampling, at first one center selected from the five main health centers and then two sub-centers selected by tables of random numbers, one center as intervention and other as control group. The intervention group received two sessions of group training (by Interval is two days) based on concepts of extended parallel process model. At the beginning of the study, individuals in both groups received a nutritional check list based on the instructions in the Ministry of Health's maternal and child nutrition booklet. They would have to complete it at home and were delivered to researcher two and four weeks after intervention. instruments for collecting Data were questionnaires included: demographic, knowledge, concepts of model including susceptibility, severity, self-efficacy and perceived response, anxiety, physical activity, body image, eating disorders, Social protection questionnaires, as well as meters and scales for measuring body mass index. Before, two and four weeks after the intervention, instruments used.

General information

Acronym

Extended parallel process model: EPPM

IRCT registration information

IRCT registration number: **IRCT2015122325668N1**

Registration date: **2016-12-15, 1395/09/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-15, 1395/09/25

Registrant information

Name

Seyede Zahra Mostajabi

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Mashhad University of Medical Sciences

Expected recruitment start date

2015-12-06, 1394/09/15

Expected recruitment end date

2016-03-19, 1394/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education based on extended parallel process model on weight and knowledge of women about overweight before pregnancy

Public title

Effect of theory-based training on weight and knowledge of women about overweight before pregnancy

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: women aged 18 to 49 years, consent to participate in the study, body mass index over than 25 and less than 40. Exclusion criteria: age under 18, not wanting to attend, absent in training sessions or complete checklist incompletely, chronic disease

Age

From **18 years** old to **49 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomization was done by Tables of random numbers

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Mashhad University of Medical Sciences

Street address

Flat 2 , Qoreishi Bldg. Daneshgah St. Mashhad, Iran

City

Mashhad

Postal code

vcresearch[at]mums.a

Approval date

2015-12-05, 1394/09/14

Ethics committee reference number

IR.mums.REC.1394.543

Health conditions studied

1

Description of health condition studied

overweight

ICD-10 code

E66.9

ICD-10 code description

Obesity, unspecified

Primary outcomes

1

Description

knowledge

Timepoint

before training, after 2 weeks, 4 weeks after training

Method of measurement

Assessment by a questionnaire designed by researcher

2

Description

weight

Timepoint

before training, after 2 weeks, 4 weeks after training

Method of measurement

By weight scale

Secondary outcomes

1

Description

enxiety

Timepoint

before training, after 2 weeks, 4 weeks after training

Method of measurement

Spielberger Anxiety Inventory

2

Description

physical activity

Timepoint

before training, after 2 weeks, 4 weeks after training

Method of measurement

Baec phisical activity questionnaire

3

Description

Concepts of modell (sensitivity and Severity Perceived, Response Efficacy Perceived, Self Efficacy Perceived)

Timepoint

before training, after 2 weeks, 4 weeks after training

Method of measurement

Assessment by a questionnaire designed by researcher

4

Description

Social protection

Timepoint

before training

Method of measurement

Perceived Social Support - Family Scale (PSSFa)

5

Description

Eating disorders

Timepoint

before training

Method of measurement

Eating Disorder Examination Questionnaire (EDE-Q)

6

Description

Body image

Timepoint

before training

Method of measurement

Body figure rating scale questionnaire

Intervention groups

1

Description

In addition to standard care in health centers and use a check List for nutrition, two training sessions based on Extended Parallel Process Model

Category

Lifestyle

2

Description

In addition to standard care in health centers, use a check List for nutrition

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Siloo health center in mashhad city

Full name of responsible person

Street address

City

Mashhad

2

Recruitment center

Name of recruitment center

Sahrayi health center in mashhad city

Full name of responsible person

Street address

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Mashhad University of Medical Sciences

Full name of responsible person

Dr.mahyar mirheidari

Street address

Flat2 , Qoreishi Bldg. Daneshgah St. Mashhad, Iran

City

Mashhad

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, Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Seyede Zahra Mostajabi

Position

Master student of midwifery counseling

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