

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

Effects of a Participatory Training Program on the Control of Overweight and Obesity in Female Adolescents.

Protocol summary

Summary

The purpose of this study was to investigate the effects of a participatory training program on overweight control and obesity in female adolescents. Design: The study was conducted on high school girl students with overweight and obesity. Four schools were selected randomly among a list of all the schools. Two out of the four schools were selected randomly as control and the two others as intervention groups. Setting and conduct: The sample size for each group was determined in a pilot study equal to 47 people. Participants: Height and weight for all students were measured and BMI was calculated and overweight or obese individuals were selected for the study. Inclusion criteria included: Female students with overweight and obesity. Exclusion criteria included: Absence more than one session in educational sessions. Interventions: Training program for intervention group was designed by the researcher on proper nutritional behaviors, balanced physical activity and nutritional counseling. The program was reinforced by educational aid tools and lecture and group discussion procedures. This program was performed in weekly one-hour session for six weeks. Expected outcomes were modifying anthropometric characteristics in female.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2016070228747N1**
Registration date: **2017-01-02, 1395/10/13**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-01-02, 1395/10/13

Registrant information

Name

Marjan Mirzania

Name of organization / entity

Gonabad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 5722 5027

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Gonabad University of Medical Sciences

Expected recruitment start date

2014-11-01, 1393/08/10

Expected recruitment end date

2014-12-01, 1393/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of a Participatory Training Program on the Control of Overweight and Obesity in Female Adolescents.

Public title

Effects of a Training Program on the Control of Overweight and Obesity.

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Being girl; 12 to 14 years old; Being obese or overweight based on WHO references; Willing to participate by the side of each participant and her

family; Without any disability. Exclusion criteria: Absence in more than one session of education.

Age

From **12 years** old to **14 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

After screening the eligible (with inclusion criteria) participants were randomly assigned to the control and the intervention group. For this purpose four schools were selected randomly among of all the schools and then randomly two in control group and the two others in intervention group.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Gonabad university of medical sciences

Street address

Gonabad university of medical sciences, next to the Asian road, Gonabad, Khorasan Razavi, Iran, Islamic Republic Of.

City

Gonabad

Postal code

9691793718

Approval date

2014-10-15, 1393/07/23

Ethics committee reference number

47/93

Health conditions studied

1

Description of health condition studied

Obesity and Overweight

ICD-10 code

E66.9

ICD-10 code description

Simple obesity NOS

Primary outcomes

1

Description

Overweight

Timepoint

Immediately before intervention and two month after intervention

Method of measurement

Weight was measured (with participant in socks with no shoes and wearing a light gown) to the nearest 0.5 kg using a medical weight scale, zeroed and calibrated before each weight. A stadiometer calibrated in 0.5 cm intervals, was used to measure the height in bare foot, while the feet sticking together and the knees, hip, shoulder, and back were aligned with a vertical line. Their BMI was also calculated (weight in kilograms divided by the square of the height in meters).

Secondary outcomes

1

Description

Obesity

Timepoint

Immediately before intervention and two month after intervention

Method of measurement

Weight was measured (with participant in socks with no shoes and wearing a light gown) to the nearest 0.5 kg using a medical weight scale, zeroed and calibrated before each weight. A stadiometer calibrated in 0.5 cm intervals, was used to measure the height in bare foot, while the feet sticking together and the knees, hip, shoulder, and back were aligned with a vertical line. Their BMI was also calculated (weight in kilograms divided by the square of the height in meters).

Intervention groups

1

Description

Interventions group: Training program was designed by the researcher on proper nutritional behaviors, balanced physical activity and nutritional counseling. The program was reinforced by educational aid tools and lecture and group discussion procedures. This program was performed in weekly one-hour session for six weeks.

Category

Lifestyle

2

Description

Control group: In the control group no intervention was conducted.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Girls' high schools of Gonabad

Full name of responsible person

Marjan Mirzania

Street address

Gonabad university of medical sciences, next to the Asian road, Gonabad, Khorasan Razavi, Iran, Islamic Republic Of.

City

Gonabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Gonabad university of medical sciences

Full name of responsible person

Dr. Ali Mohammadpour

Street address

Gonabad University of Medical Sciences, next to the Asian road, Gonabad, Khorasan Razavi, Iran, Islamic Republic Of.

City

Gonabad

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, Gonabad 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

Gonabad University of Medical Sciences

Full name of responsible person

Marjan Mirzania

Position

Master of Science Student in Health Education & Promotion

Other areas of specialty/work

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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