

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of continuous care model on body mass index and lifestyle of obese middle-aged

Protocol summary

Summary

The present study aims to determine the effects of continuous care model on BMI and life style of the obese middle-aged. In this semi-experimental, 105 middle-aged individuals, aged 40-60, whose BMI was over 10, had used no lipid lowering drug over the last three months, followed no special diet, had no diagnosed high blood pressure, diabetes, liver disease, kidney disease, and depression, and were literate were randomly selected and put into two experimental (52 individuals) and control (53 individuals) groups. First, sampling was done in four health centers in Gonabad based on entry criteria, population covered, and availability. Then, in each center these samples were put into experimental and control groups through random allocation. The intervention schedule for the experimental group took three months which included familiarizing, sensitizing, controlling, and evaluating. There was no intervention in control group. Health-promoting lifestyle questionnaire(HPLP), height, and weight of the participants of the groups were recorded before and one, two, and three months after intervention. The research instruments included a meter, a scale, and a valid and reliable questionnaire which was filled out by the participants before and one, two, and three months after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016070428790N1**

Registration date: **2017-02-19, 1395/12/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-02-19, 1395/12/01

Registrant information

Name

Mitra Tavakolizadeh Nooghabi

Name of organization / entity

Gonabad Medical University

Country

Iran (Islamic Republic of)

Phone

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Email address

tavakolizadeh.m@gmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2015-03-20, 1393/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of continuous care model on body mass index and lifestyle of obese middle-aged

Public title

The effect of continuous care model on obesity management

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: having BMI index higher than 10; following no special diet; having no diagnosed high blood pressure, diabetes, liver disease, kidney disease, and depression; having used no lipid lowering drug over the

last three months; being able to read and write; having the ability to take care of themselves. Exclusion criteria: being unwilling to continue cooperation. being absent in more than two sessions of training course; having to make changes in medical treatment.

Age

From **40 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **105**

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

Regional Ethics Committee of Gonabad University of Medical Sciences

Street address

Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi

City

Gonabad

Postal code

9691793718

Approval date

2015-05-26, 1394/03/05

Ethics committee reference number

IR.GMU.REC.1394.3

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E66.9

ICD-10 code description

Obesity, unspecified Simple obesity NOS

Primary outcomes

1

Description

body mass index

Timepoint

before Intervention months the first, second and third interference

Method of measurement

The formula weight divided by the square of height in meters

Secondary outcomes

1

Description

life style

Timepoint

Before the intervention, one month, two months, three months after intervention

Method of measurement

Health promoting lifestyle questionnaire (HPLP II)

Intervention groups

1

Description

In the test group, continuous care model, including familiarizing, sensitizing, controlling and evaluating, will be carried out for three months. Height, weight, and Walker's questionnaire of Health-promoting lifestyle was recorded and administered before and at one, two, three month intervals after study.

Category

Lifestyle

2

Description

Participants of the control group will receive common cares only.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Rural-urban health center (1)

Full name of responsible person

Ms Mahsa Dehghan

Street address

Gonabad, Ghadir Square

City

Gonabad

2

Recruitment center

Name of recruitment center

Rural-urban health center (2)

Full name of responsible person

Ms Eshaghi

Street address

Gonabad, Edalat street, Shahid Rajai front hall

City

Gonabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research and Technology
Gonabad University of Medical Sciences

Full name of responsible person

Dr Ali Mohamadpoor

Street address

Gonabad University of Medical Sciences, Next to the
Asian Road, Gonabad, Khorasan Razavi

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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 and Technology 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

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Position

Master of Nursing

Other areas of specialty/work**Street address**

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Full name of responsible person

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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