

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jun 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

+98 51 5722 1829

##### 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

**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 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**

Mitra Tavakolizadeh Nooghabi

**Position**

Master of Nursing

**Other areas of specialty/work**

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### Person responsible for scientific inquiries

#### Contact

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### Person responsible for updating data

#### Contact

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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*