

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of Effects of Gain and Loss Messages Sent Through the Short Messaging Service on Eating Behaviors of Men with Diabetes Type 2.

#### Protocol summary

##### Summary

This clinical trial was conducted to compare the effects of gain messages and loss messages sent through the short messaging service on eating behaviors among men with diabetes type 2, attended two educational medical centers in Isfahan, Iran. Method: 108 men with diabetes type 2 were selected through convenience sampling method and then divided into three case and control groups (36 men were allocated to each group through simple randomization). Simple randomization means that numbers 1-3 were assigned to the patients repeatedly and patients were assigned to one of the groups according to the (number 1 to the gain group; number 2 to the loss group; and number 3 to the control group). It was a single-blind study in which the patients were not aware of the group they were assigned. Inclusion criteria: Ability to read and write; ages over 30 years; ability to work with cell phones; and willingness of participating in the study. Exclusion criteria; suffering from diabetes less than 6 months; being illiterate; having no access to a cell phone; not residing in Isfahan; suffering from diagnosed mental disorders; suffering from severe visual and hearing impairments; and having advanced severe diseases in critical organs. The control group received routine care; and the case group was trained through the short messaging service for 3 months. The patients' information was collected before and after intervention using a questionnaire. The outcomes in this study were Self-care feeding behaviors and side effects of unhealthy feeding behaviors.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017012232104N1**

Registration date: **2017-06-21, 1396/03/31**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-06-21, 1396/03/31

##### Registrant information

###### Name

Fataneh Goodarzi

###### Name of organization / entity

Isfahan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

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###### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research Isfahan University of Medical Sciences.

##### Expected recruitment start date

2016-04-20, 1395/02/01

##### Expected recruitment end date

2016-09-20, 1395/06/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of Effects of Gain and Loss Messages Sent Through the Short Messaging Service on Eating Behaviors of Men with Diabetes Type 2.

##### Public title

Effects of Short Messages Sent by Cell Phone on Eating Behaviors.

**Purpose**

Prevention

**Inclusion/Exclusion criteria**

Inclusion criteria Having medical records in the two educational medical centers; having cell phones personally or in the family; being able to read and write; being able to work with cell phones; being over 30 years old; suffering diabetes diagnosed at least 6 months earlier; suffering no diagnosed mental disorders if it was recorded in the patient' medical records; having no advanced severe diseases in critical organs; such as kidneys and liver; and suffering no severe visual and hearing impairments. Exclusion criteria: Having diabetes less than 6 months; being illiterate; having no access to a cell phone; not residing in Isfahan; suffering from diagnosed mental disorders; suffering from severe visual and hearing impairments; and having advanced severe diseases in critical organs; such as kidneys and liver.

**Age**From **30 years** old**Gender**

Male

**Phase**

N/A

**Groups that have been masked***No information***Sample size**Target sample size: **108****Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Single 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 Isfahan University of Medical Sciences.

**Street address**

Isfahan University of Medical Sciences, Hezarjarib Street, Isfahan

**City**

Isfahan

**Postal code**

8174673461

**Approval date**

2016-01-30, 1394/11/10

**Ethics committee reference number****Health conditions studied****1****Description of health condition studied**

type 2 diabetes

**ICD-10 code**

E10, E11,

**ICD-10 code description**

Non-insulin-dependent diabetes mellitus

**Primary outcomes****1****Description**

Self-care feeding behaviors

**Timepoint**

Before intervention and Immediately after the intervention.

**Method of measurement**

feeding behaviors Questionnaire.

**Secondary outcomes****1****Description**

Side effects of unhealthy feeding behaviors

**Timepoint**

Before intervention and Immediately after the intervention.

**Method of measurement**

feeding behaviors Questionnaire.

**Intervention groups****1****Description**

The gain case group: gain training messages were sent to patients in this case group twice a week; one message each time; for three months.

**Category**

Behavior

**2****Description**

The loss case group: loss training messages were sent to patients in this case group twice a week; one message each time; for three months.

**Category**

Behavior

**3****Description**

The Control case group: Control case group during three

months receives of their routine education from diabetic clinic.

**Category**

Behavior

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

T. S. Research Center

**Full name of responsible person**

Fataneh Goodarzi

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**2**

**Recruitment center**

**Name of recruitment center**

Al Zahra Hospital

**Full name of responsible person**

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**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Vice chancellor for research Isfahan University of Medical Sciences.

**Full name of responsible person**

Doctor Mahdi Nemat Bakhsh

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**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 Isfahan 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**

Isfahan University of Medical Sciences

**Full name of responsible person**

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**Position**

Master Student in Health Education

**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*