

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

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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.

AgeFrom **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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Isfahan University of Medical Sciences, Hezarjarib Street, Isfahan

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2

Recruitment center

Name of recruitment center

Al Zahra Hospital

Full name of responsible person

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Isfahan University of Medical Sciences, Hezarjarib Street, Isfahan

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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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Isfahan University of Medical Sciences, Hezarjarib Street, Isfahan

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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

Fataneh Goodarzi

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