

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of web-based educational intervention on the amount of physical activity in overweight or obese middle-aged women of Borazjan: An application of Social Cognitive Theoty.

Protocol summary

Summary

The purpose of this study: Assessing the effect of a web-based educational intervention on the amount of physical activity in overweight or obese middle-aged women of Borazjan city. Inclusion criteria in this study include: having diploma education; having a computer or smartphone and getting to know it; accessing the Internet; non-pregnancy; not having a physical illness and, having the desire to participate in the study. Exclusion criteria included: failure to receive and view the training package at the specified time for the participants and reconsider the participant regarding the continued cooperation with the researcher and regardless of it. This quasi-experimental study will be carried out on 80 subjects (40 in the intervention group and 40 in control group) from 30-59 years old women in Borazjan who were selected by simple random sampling method. The intervention group will receive a web-based educational program based on the social-cognitive theory (self-efficacy, social support, self-regulation, and expectations) for two weeks and the control group will receive routine training from the center. Participants in both groups will complete the questionnaires including demographic questions, knowledge, questions about the social-cognitive theory constructs, health literacy questionnaire, and the seven-day physical activity questionnaire. Finally, after two weeks and then three months after the intervention, the questionnaires will again measure by the subjects in both intervention and control groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017080535509N1**
Registration date: **2017-09-04, 1396/06/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-09-04, 1396/06/13

Registrant information

Name

Leila Nami Nazari

Name of organization / entity

Bushehr University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 77 3434 1088

Email address

l.naminazari@bpums.ac.ir

Recruitment status

Recruitment complete

Funding source

Bushehr University of Medical Sciences

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2017-11-22, 1396/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of web-based educational intervention on the amount of physical activity in overweight or obese middle-aged women of Borazjan: An application of Social

Cognitive Theory.

Public title

The effect of education on the amount of physical activity

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Inclination to study; Have diploma education; Have a computer or smartphone and get familiar with it; Internet access; Non-pregnancy; Lack of illness with physical inactivity. exclusion criteria: Failure to receive and view the educational package at the specified time for the participants; Participatory revision to continue cooperation with the researcher and regardless of it.

Age

From **29 years** old to **59 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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

Bushehr University of Medical Sciences

Street address

Salman Farsi street, Bahmani, Bushehr, Iran

City

Bushehr

Postal code

Approval date

2017-07-17, 1396/04/26

Ethics committee reference number

IR.BPUMS.REC.1396.57

Health conditions studied

1

Description of health condition studied

Obesity or overweight

ICD-10 code

E66.9

ICD-10 code description

Obesity, unspecified

Primary outcomes

1

Description

Physical activity behavior

Timepoint

Before intervention, 2 weeks and 3 months after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Awareness

Timepoint

Before intervention, 2 weeks and 3 months after intervention

Method of measurement

Questionnaire

2

Description

Self-efficacy

Timepoint

Before intervention, 2 weeks and 3 months after intervention

Method of measurement

Questionnaire

3

Description

Social support

Timepoint

Before intervention, 2 weeks and 3 months after intervention

Method of measurement

Questionnaire

4

Description

Self-regulatory

Timepoint

Before intervention, 2 weeks and 3 months after intervention

Method of measurement

Questionnaire

5

Description

Outcome expectations

Timepoint

outcome Expectations

Method of measurement

Questionnaire

6

Description

Health literacy

Timepoint

Before intervention, 2 weeks and 3 months after intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

The intervention group will receive a web-based educational program based on the social-cognitive theory for two weeks. In addition, reminder messages will be sent by SMS, two times per week during the intervention.

Category

Lifestyle

2

Description

the control group will receive routine training from the center

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Sajjad

Full name of responsible person

Farideh Dehnavi Angali

Street address

Iran, Bushehr Province, Borazjan - next to Dr Gharibi's pharmacy

City

Borazjan

2

Recruitment center

Name of recruitment center

Valiasr

Full name of responsible person

Afsaneh Mazloom

Street address

Iran, Bushehr Province, Borazjan - Hospital street,

City

Borazjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bushehr University of Medical Sciences

Full name of responsible person

Gholamreza Khamisipour

Street address

Salman Farsi street, Bahmani, Bushehr, Iran.

City

Bushehr

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Bushehr 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

Bushehr University of Medical Sciences

Full name of responsible person

Mahnoush Reisi

Position

Department of Health Education and Health Promotion

Other areas of specialty/work

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Person responsible for scientific

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Person responsible for updating data

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Position

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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