

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 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 Theory.

#### 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

#### Street address

Salman farsi, Bahmani street, Bushehr, Iran.

#### City

Bushehr

#### Postal code

#### Phone

+98 77 3332 2081

#### Fax

#### Email

reisi\_mr@yahoo.com

#### Web page address

## Person responsible for scientific

## **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 updating data**

### **Contact**

**Name of organization / entity**

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**Full name of responsible person**

Leila Nami Nazari

**Position**

MSc student Bushehr University of Medical Sciences

**Other areas of specialty/work**

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leila58325@gmail.com

**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*