

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

Comparing the effect of education via short message system with social networking software of mobile on physical activity and anthropometric indices of middle-aged women

Protocol summary

Study aim

The purpose of this study was to compare the effect of physical education training in two groups via SMS and Telegram social network software.

Design

interventional study

Settings and conduct

Intervention takes 12 weeks. 3 incubatory health message are sent to the physicist every week . At the beginning and the end of each 4 weeks and the completion of the 12-week physical activity questionnaires are filled by samples.

Participants/Inclusion and exclusion criteria

Inclusion criteria: women aged 40 to 60 years old; reading and writing skills, having smartphones; low score from the international physical activity questionnaire; mobile internet access. Exclusion criteria: pregnancy; sports club member; receive another educational program for physical activity; prohibition of physical activity due to heart diseases of grade 3 and 4; severe arthritis.

Intervention groups

We have two intervention groups. One in 150 people who receive SMS, and another 150 people are trained in a social network of telegrams.

Main outcome variables

Physical activity; weight; body mass index; body fat mass; waist circumference and hip circumference.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170916036223N1**

Registration date: **2017-12-29, 1396/10/08**

Registration timing: **retrospective**

Last update: **2017-12-29, 1396/10/08**

Update count: **0**

Registration date

2017-12-29, 1396/10/08

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 916 735 3576

Email address

ansari.k@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-02, 1396/09/11

Expected recruitment end date

2017-12-21, 1396/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of education via short message system with social networking software of mobile on physical activity and anthropometric indices of middle-aged women

Public title

Comparing the effect of education via short message system with social networking soft ware on physical activity

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Women aged 40 to 60 years old; reading and writing literacy; having smart phones; low score from the international physical activity questionnaire; mobile internet access.

Exclusion criteria:

Pregnancy; a member of the sports club; receive another educational program for physical activity; the prohibition of physical activity due to heart diseases of grade 3 and grade 4; severe arthritis.

Age

From **40 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **300**

Randomization (investigator's opinion)

Randomized

Randomization description

Individuals will be placed in a social network or SMS group through a random number table. In this way we call a group A and a group B. Then, from numbers 0 to 9, and according to the numbers in the vertical columns of the table, the pair numbers (0.2, 4.6, and 8) are assigned to group A and the odd numbers (1.3, 5.7, and 9) to the group B. Then a person with a complete lack of knowledge of how to do the study through a random number table prepared by the computer first places the samples according to the above classification based on the numbers in the table in each group. Placing samples in each group will be done by the clerk of the menopausal clinic or one of the colleagues at the health center without the knowledge of the researcher.

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

The Ethics Committee of Ahvaz Jundishapur
University of Medical Sciences

Street address

University Square Golestan boulevard

City

ahvaz

Province

Khouzestan

Postal code

6135715794

Approval date

2017-11-21, 1396/08/30

Ethics committee reference number

IR.AJUMS.REC.1396.727

Health conditions studied

1

Description of health condition studied

physical activity

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

physical activity

Timepoint

At the beginning of the study, 4, 8 and 12 weeks after the start of the study

Method of measurement

International Physical Activity Questionnaire

Secondary outcomes

1

Description

weight

Timepoint

At the beginning of the study, 4, 8 and 12 weeks after the start of the study

Method of measurement

scales

2

Description

BMI

Timepoint

At the beginning of the study, 4, 8 and 12 weeks after the start of the study

Method of measurement

scales and meters

3

Description

waist

Timepoint

At the beginning of the study, 4, 8 and 12 weeks after the start of the study

Method of measurement

meters

4

Description

Hip circumference

Timepoint

At the beginning of the study, 4, 8 and 12 weeks after the start of the study

Method of measurement

meters

Intervention groups

1

Description

Intervention group: First intervention group: A group that receives text messages in an instructional form. Every week, 3 text messages are sent to individuals and at the end of each 4 weeks to 12 weeks, the physical activity and anthropometric indices are measured. Finally, scores are collected and compared.

Category

Treatment - Devices

2

Description

Second intervention group: A group in which the participants receive a training message in a telegram application group. Each week, 3 messages are sent to the group and at the end of each 4 weeks to 12 weeks, the physical activity and anthropometric indices are measured. Finally, scores are collected and compared.

Category

Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center No 1 in East Ahwaz

Full name of responsible person

pourandokht afshary

Street address

Ayatollah Behbahani highway, Shahid Rastegari Street, facing the Haft-e Tir Park

City

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Province

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

doctor mohammad badvi

Street address

University Square, Golestan Blvd

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Email

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Web page address

<http://vchresearch.ajums.ac.ir/homepage.aspx?site=vchresearch.ajums.ac&tabid=4937&lang=fa-IR>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

pourandokht afshary

Position

master of science

Latest degree

Master

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries

Contact

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Position
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Latest degree
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Person responsible for updating data

Contact

Name of organization / entity
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Position
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available