

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Lifestyle Change on Eating Behavior of Overweight Women

Protocol summary

Study aim

Effect of lifestyle changes on eating behavior and its components in overweight women

Design

In this research, 50 overweight students were chosen purposefully and a code was allocated to each one of them. Then, participants were randomly divided into two control and intervention groups.

Settings and conduct

Intervention in college was done and the interventions designs so that the subjects under study are not aware of the allocation of the study group.

Participants/Inclusion and exclusion criteria

BMI higher than 25 Written consent for participation in the research Do some medical tests (thyroid and diabetes) Do not take anti-obesity drugs The lack of borderline personality disorders

Intervention groups

The two experimental and control groups were subjected to lifestyle intervention interventions, respectively.

Main outcome variables

Modify eating behavior and its components

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171014036760N1**

Registration date: **2017-12-11, 1396/09/20**

Registration timing: **prospective**

Last update: **2017-12-11, 1396/09/20**

Update count: **0**

Registration date

2017-12-11, 1396/09/20

Registrant information

Name

Fariba Parsamanesh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 26 3418 2727

Email address

f.parsamanesh@kiau.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-21, 1396/09/30

Expected recruitment end date

2017-12-30, 1396/10/09

Actual recruitment start date

2017-12-21, 1396/09/30

Actual recruitment end date

2017-12-30, 1396/10/09

Trial completion date

empty

Scientific title

The Effect of Lifestyle Change on Eating Behavior of Overweight Women

Public title

Effect of lifestyle changes in treatment of obesity

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

BMI higher than 25 Written consent for participation in the research Do some medical tests (thyroid and diabetes) Do not take anti-obesity drugs The lack of borderline personality disorders

Exclusion criteria:

BMI less than 25 thyroid and diabetes diseases take anti-obesity drugs borderline personality disorders Missing more than three times in intervention sessions

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: 50

Randomization (investigator's opinion)

Randomized

Randomization description

Statistical sample In this study, 40 female students of Psychology of Islamic Azad University of Karaj, by controlling entry and exit criteria and available sampling methods, selected and randomly assigned into two groups of 20 people.

Blinding (investigator's opinion)

Single blinded

Blinding description

The researcher designs the interventions so that the subjects under study are not aware of the allocation of the study group.

Placebo

Not used

Assignment

Factorial

Other design features

Change the lifestyle based on the Islamic approach

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Karaj Azad University

Street address

Unit 1, No.320, Maryam St, Azadegan Square,
Taleghani Blvd.,Karaj,

City

Karaj

Province

Alborz

Postal code

3155617371

Approval date

2017-11-11, 1396/08/20

Ethics committee reference number

IR.IAU.K.REC.1396,53

Health conditions studied**1****Description of health condition studied**

Metabolic diseases

ICD-10 code

E00-E90

ICD-10 code description

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

Modify of eating behavior

Timepoint

Eating behavior evaluation before and after the
intervention

Method of measurement

Diet eating behavior questionnaire

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

Types of eating behavior(emotion, externality and
inhibition)

Timepoint

Eating behavior evaluation before and after the
intervention

Method of measurement

Diet eating behavior questionnaire

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

Intervention group: The Islamic lifestyle protocol is
grouped for 10 sessions per week for the intervention
group

Category

Lifestyle

Recruitment centers**1****Recruitment center****Name of recruitment center**

Karaj Azad University

Full name of responsible person

Fariba Parsamanesh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

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Grant name

9

Grant code / Reference number

999

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

Yes

Title of funding source

Islamic Azad University

Proportion provided by this source

100

Public or private sector

Private

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

Islamic Azad University

Full name of responsible person

Fariba Parsamanesh

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Psychology

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Person responsible for updating data

Contact

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Ethical reasons

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Data can be shared after unidentifiable people.

When the data will become available and for how long

Farvardin 1397

To whom data/document is available

Professors

Under which criteria data/document could be used

Non-reuse

From where data/document is obtainable

fparsamanesh@yahoo.com

What processes are involved for a request to access data/document

Identification of the requesting person

Comments

I have no explanation