

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

Digital Media-based Health Intervention on the Promotion of Women's Physical Activity: A Quasi-Experimental Study

Protocol summary

Study aim

survey the impact of a digital media-based health intervention on promotion of women's physical activity

Design

In this research, 360 eligible women referring to health centers were chosen purposefully and a code was allocated to each one of them. Then, patients were randomly divided into two control and intervention groups.

Settings and conduct

Its population was women who referred to health centers in Kerman, Iran. At the time of the study, there were 8 active health centers in Kerman, in which 4 were randomly selected as intervention centers and 4 as control ones

Participants/Inclusion and exclusion criteria

having a mobile phone and the ability to use it, access to the internet, ability to use a computer and the internet

Intervention groups

intervention group who received a digital media-based electronic educational intervention control group who do not receive any intervention

Main outcome variables

Physical Activity

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160619028529N5**

Registration date: **2017-12-24, 1396/10/03**

Registration timing: **retrospective**

Last update: **2017-12-24, 1396/10/03**

Update count: **0**

Registration date

2017-12-24, 1396/10/03

Registrant information

Name

Hadi Tehrani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3853 8530

Email address

tehranih@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2013-07-03, 1392/04/12

Expected recruitment end date

2014-01-20, 1392/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Digital Media-based Health Intervention on the Promotion of Women's Physical Activity: A Quasi-Experimental Study

Public title

Digital Media-based Health Intervention on the Women's Physical Activity

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

being older than 18 years, having a mobile phone and the ability to use it access to the internet, ability to use a computer and the internet, willingness to participate

Exclusion criteria:

Age

From **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **380**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tehran University of Medical Sciences

Street address

Number 21, Daneshgh St., Vali-e Asr Ave., Tehran

City

Tehran

Province

Tehran

Postal code

1416753955

Approval date

2013-05-22, 1392/03/01

Ethics committee reference number

IR.TUMS.REC.1392.244

Health conditions studied

1

Description of health condition studied

Physical activity

ICD-10 code

Y93.6A

ICD-10 code description

Activity, physical games generally associated with school recess, summer camp and children

Primary outcomes

1

Description

Physical activity

Timepoint

The beginning of the study (before the intervention) and six months after the intervention

Method of measurement

International Physical Activity Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: digital media-based electronic educational intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Eight health centers in Kerman

Full name of responsible person

Hadi Tehrani

Street address

school of health, Daneshgah St, Mashhad, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

91388-13944

Phone

+98 51 3893 9832

Email

tehran@tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Mohammad Ali Sahraiyani

Street address

Research and Technology Dept Tehran University of Medical Sciences, Qods St., Keshavarz Blvd, Tehran

City

Tehran

Province
Tehran
Postal code
1416753955
Phone
+98 21 8163 3698
Email
admission@tums.ac.ir

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Tehran University of Medical Sciences

Proportion provided by this source
80

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
Mashhad University of Medical Sciences
Full name of responsible person
Hadi Tehrani
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Health Promotion
Street address
School of Public Health, Daneshgah Street
City
Mashhad
Province
Razavi Khorasan
Postal code
9138813944
Phone
+98 51 3841 3007
Email
tehran@ums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Dr.Hadi Tehrani
Position

Assistance Professo

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

School of Public Health, between 16th and 18th Daneshgah, Daneshgah Street

City

Mashhad

Province

Razavi Khorasan

Postal code

9138813944

Phone

+98 51 3841 3007

Email

tehran@ums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Dr.Hadi Tehrani
Position
Assistance Professor
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Health Promotion
Street address
School of Public Health, between 16th and 18th Daneshgah, Daneshgah Street
City
Mashhad
Province
Razavi Khorasan
Postal code
9138813944
Phone
+98 51 3841 3007
Email
tehran@ums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Potential data is sharable after distinguishing people

When the data will become available and for how long

Start the access period one month after the publication of result

To whom data/document is available

Researchers working in academia

Under which criteria data/document could be used

Data is sent through an official request and by email

From where data/document is obtainable

Hadi Tehrani tehranih@mums.ac.ir

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

Data is sent through an official request and by email

Comments