

# 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@tums.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@tums.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  
**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@tums.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**