

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Sep 2026

Comparison of the Effectiveness of Individualized internet-based physical activity intervention with nonindividualized program in increasing physical activity in the general population

Protocol summary

Study aim

The aim of this study was to evaluate the effectiveness an individualized computer-tailored physical activity program in Iranian population.

Design

Randomised controlled trial, community based, parallel group

Settings and conduct

Participants will be randomly assigned to two groups including intervention and control by a randomization computerized program and then given an id to have access to exercises on the website. The website includes an interactive computer tailored exercise program that generates individualized progressing PA advice and a fixed progressing exercise program in control group. Physical activity level will be assessed before and after intervention via GPAQ.

Participants/Inclusion and exclusion criteria

Inclusion criteria includes age between 18 and 65 years, internet access and having the eligible computer based skills to interact via internet. Exclusion criteria includes history of cardiovascular disease, uncontrolled hypertension, chronic lung disease or heart stroke in the past six months, pregnancy and any condition which is a barrier to physical activity.

Intervention groups

Intervention group has an individualized exercise program based on their progression process. They will have access to ten week exercises program week by week .By the end of each week if each participant completes the log book, will have the access to next week exercises with appropriate increasing intensity according to the logbook answers. Exercise program includes aerobic exercises, resistance exercises, flexibility and core stability exercises. Control group exercises includes the same ten week exercise program non individualized, which they will have access to the

whole program from the beginning and no logbook completion is mandated.

Main outcome variables

physical activity level

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180129038545N1**

Registration date: **2018-02-18, 1396/11/29**

Registration timing: **prospective**

Last update: **2018-02-18, 1396/11/29**

Update count: **0**

Registration date

2018-02-18, 1396/11/29

Registrant information

Name

Maryam Selk Ghaffari

Name of organization / entity

Sports Medicine Research Center Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8863 0228

Email address

selk1360@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-22, 1397/03/01

Expected recruitment end date

2018-10-23, 1397/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of the Effectiveness of Individualized internet-based physical activity intervention with nonindividualized program in increasing physical activity in the general population

Public title
Efficacy of individualized internet-based physical activity intervention in increasing physical activity.

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
 Age is between 18 and 65 years. Having internet access (including e-mail access) either at home or at work . Having the eligible computer based skills to interact via internet.
Exclusion criteria:
 Having history of cardiovascular disease, uncontrolled hypertension, chronic lung disease or heart stroke in the past six months. Being pregnant. Having unwanted weight loss (exceeding ten percent of the total body weight) in the past six months. Having any condition which is a barrier to physical activity

Age
From **18 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **152**

Randomization (investigator's opinion)
Randomized

Randomization description
They will be randomly assigned to two groups including intervention and control by a randomization automatic computerized numbered program.

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

Ethics committee of Tehran University of Medical Sciences

Street address

16th Azar St., Enghelab Sq., Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1417466191

Approval date

2015-03-21, 1394/01/01

Ethics committee reference number

86100078

Health conditions studied

1

Description of health condition studied

physical activity

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Total physical activity level

Timepoint

At the beginning and end of intervention.

Method of measurement

GPAQ

Secondary outcomes

1

Description

Physical activity at work.

Timepoint

At the beginning and end of intervention.

Method of measurement

GPAQ

2

Description

Physical activity during travel

Timepoint

At the beginning and end of intervention

Method of measurement

GPAQ

3

Description

Sedentary behavior level

Timepoint

At the beginning and end of intervention

Method of measurement

GPAQ

Intervention groups

1

Description

Intervention group: individualized computer-tailored physical activity program

Category

Prevention

2

Description

Control group: nonindividualized computer-tailored physical activity program

Category

Prevention

Recruitment centers

1

Recruitment center**Name of recruitment center**

Sports medicine research center Tehran university of medical sciences

Full name of responsible person

Maryam Selk Ghaffari

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No.7,Jalal Al Ahmad Ave., Tehran

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selk1360@gmail.com

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Tehran University of Medical Sciences

Full name of responsible person

Ramin Kordi

Street address

16th Azar St., Enghelab Sq., Tehran, Iran

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Chahar-Mahal-va-Bakhtiari

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1417466191

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+98 21 6111 3411

Email

international@ut.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

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**

Sports Medicine Research Center Tehran University of Medical Sciences

Full name of responsible person

Maryam Selk Ghaffari

Position

Sports medicine specialist

Latest degree

Specialist

Other areas of specialty/work

Sport Medicine

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No 7, Jalal Al Ahmad Ave, Sports medicine research center Tehran University of Medical Sciences

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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

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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Information including outcome such as physical activity level will be shared.

When the data will become available and for how long

The data will be available starting 6 months after publication

To whom data/document is available

people working in academic institutions can apply to receive it.

Under which criteria data/document could be used

No limitation is set.

From where data/document is obtainable

contact the e mail selk1360@gmail.com.

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

The data will be available starting 6 months after publication by contacting selk1360@gmail.com for 6 month after obtaining contact information of the researcher.

Comments

Person responsible for updating data

Contact

Name of organization / entity

Sports Medicine Research Center Tehran University of Medical Sciences

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