Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of a Game-based nutrition education intervention on nutritional knowledge of 3-6 years old children in Shiraz kindergartens, 2016

Protocol summary

Study aim

Determine the effect of a Game-based nutrition education intervention on nutritional knowledge of 3-6 years old children in Shiraz kindergartens, 2016

Design

We will select 48 children from 8 kindergarten, who have the inclusion criteria. Then children will randomly allocated to experiment or control groups based on their socio-economic status.

Settings and conduct

We will use random stratified sampling. At first, we will divide the Shiraz to 4 regions and randomly select 2 kindergarten from each region. Thus, 8 kindergartens will selected from regions with different socioeconomic status. Then we randomly selected one kindergarten in each region as experiment and another as control group. Finally, we randomly selected 6 children in each kindergarten.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 3 to 6 years old children attended in selected kindergarten Non-inclusion criteria: Lack of mental illness and attention deficit disorder The absence of a child in kindergarten on designated dates Child's unwillingness to play the game and participation to study

Intervention groups

Participants were randomly allocated to experiment and control groups. The experiment group will use Snack and Ladder game, a computer based game contained nutrition education comments. Control group will took no intervention. Intervention duration will be 1 week, that experiment group play the game for 3 days/week and 30 minute during a day.

Main outcome variables

Nutrition knowledge of children

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180509039596N1**
Registration date: **2018-06-13, 1397/03/23**
Registration timing: **retrospective**

Last update: **2018-06-13, 1397/03/23**
Update count: **0**

Registration date

2018-06-13, 1397/03/23

Registrant information

Name

Zahra Hassanzadeh-Rostami

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3725 1007

Email address

zhasanzadeh@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-01-29, 1395/11/10

Expected recruitment end date

2017-03-05, 1395/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of a Game-based nutrition education intervention on nutritional knowledge of 3-6 years old children in Shiraz kindergartens, 2016

Public title
The effect of nutrition education on nutritional knowledge of children

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
3 to 6 years old children attended in selected kindergarten

Exclusion criteria:
Lack of mental illness and attention deficit disorder The absence of a child in kindergarten on designated dates Child's unwillingness to play the game and participation to study

Age
From **3 years** old to **6 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **48**

Randomization (investigator's opinion)
Randomized

Randomization description
We will use random stratified sampling. At first, we will divide the Shiraz to 4 regions and randomly select 2 kindergarten from each region. Thus, 8 kindergartens will selected from regions with different socioeconomic status. Then we randomly selected one kindergarten in each region as experiment and another as control group. Finally, we randomly selected 6 children in each kindergarten.

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 Shiraz University of Medical Sciences

Street address
Shiraz University of Medical Sciences, Zand street, Shiraz

City
Shiraz

Province
Fars

Postal code
۷۱۳۴۸۱۴۳۳۶

Approval date
2017-01-22, 1395/11/03

Ethics committee reference number
IR.SUMS.REC.1395.171

Health conditions studied

1

Description of health condition studied
Nutritional knowledge of children

ICD-10 code
Z55.9

ICD-10 code description
Problems related to education and literacy, unspecified

Primary outcomes

1

Description
Nutritional knowledge of children

Timepoint
Baseline and end of intervention

Method of measurement
Picture based questionnaire of nutritional knowledge of children

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: playing the CD of Snake and Ladder game

Category
Other

2

Description
Control group: Non-playing a computere based game containing nutritional education messages

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Kindergartens affiliated to the welfare organization

Full name of responsible person
Zahra Hassanzadeh-Rostami

Street address
Nutrition and Food Sciences School, Razi Street

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7153675541

Phone
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Email
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
Dr Seyed Basir Hashemi

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vcrdep@sums.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Shiraz 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
Shiraz University of Medical Sciences

Full name of responsible person
Zahra Hassanzadeh-Rostami

Position
PhD Student

Latest degree
Master

Other areas of specialty/work
Nutrition

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Dr Shiva Faghih

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Associate professor

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Person responsible for updating data

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Name of organization / entity
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Full name of responsible person
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Position
PhD Student

Latest degree
Master
Other areas of specialty/work
Nutrition
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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
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable