

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 be 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 computer 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

City

Shiraz

Province

Fars

Postal code

7153675541

Phone

+98 71 3725 1001

Email

Hassanzadeh_z8@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr Seyed Basir Hashemi

Street address

Shiraz University of Medical Sciences, Zand street

City

Shiraz

Province

Fars

Postal code

۷۱۳۴۸۱۴۳۳۶

Phone

+98 71 3235 7282

Email

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

Street address

Nutrition and Food Sciences School, Razi Street

City

Shiraz

Province

Fars

Postal code

7153675541

Phone

+98 71 3725 1001

Email

Hassanzadeh_z8@yahoo.com

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Dr Shiva Faghih

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

Street address

Nutrition and Food Sciences School, Razi Blvd.

City

Shiraz

Province

Fars

Postal code

7153675541

Phone

+98 71 3725 1001

Email

Shivafaghih@gmail.com

Person responsible for updating data

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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Nutrition and Food Sciences School, Razi Blvd.

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Email

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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