

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Jul 2026

### Comparing the effect of being in interactive virtual environments and non-interactive virtual environments on the effectiveness of weight loss intervention in overweight and obese people

#### Protocol summary

##### Study aim

Comparing the effect of being in interactive virtual environments and non-interactive virtual environments on the effectiveness of weight loss intervention in overweight and obese people

##### Design

A randomized, controlled clinical trial with 3 parallel groups of 102 individuals

##### Settings and conduct

In order to evaluate the effect of being in an interactive or non-interactive virtual environment in weight loss interventions, 102 individuals who are attending a dietitian in Ahvaz, will be selected. These individuals will be randomly divided into three groups: a control group and two intervention groups. The control group will receive standard dietary counselling. First intervention group, will receive the standard dietary counselling and also join an interactive group in a social media platform. Members of this group have the opportunity to share their experiences, ask questions and in other words, interact with each other. Second intervention group, will only receive messages about weight loss through social media platform but in a non-interactive way.

##### Participants/Inclusion and exclusion criteria

Individuals with a BMI of 25 or higher that are able to read and write, use a smartphone and have internet access are included in the study if not pregnant or lactating.

##### Intervention groups

The participants will be divided into three groups: a control and two intervention groups. In all three groups, diet and nutritional counselling will be provided by the nutritionist. The people in the first intervention group will be involved in an interactive social media group, and people in the second intervention group will receive educational messages through social media in a non-interactive way.

#### Main outcome variables

weight loss percentage during the intervention

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20181017041368N1**

Registration date: **2018-11-14, 1397/08/23**

Registration timing: **registered\_while\_recruiting**

Last update: **2018-11-14, 1397/08/23**

Update count: **0**

##### Registration date

2018-11-14, 1397/08/23

##### Registrant information

##### Name

Raziye Tahmasebi

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 74 3323 2831

##### Email address

tahmasebi.r@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-10-23, 1397/08/01

##### Expected recruitment end date

2018-12-22, 1397/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty  
**Trial completion date**  
empty

**Scientific title**  
Comparing the effect of being in interactive virtual environments and non-interactive virtual environments on the effectiveness of weight loss intervention in overweight and obese people

**Public title**  
using social media for weight loss

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Individuals with a BMI of 25 or higher being able to read and write having a smartphone having internet access age between 18 and 55 years  
**Exclusion criteria:**  
pregnant or lactating women

**Age**  
From **18 years** old to **55 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **102**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
By drawing lots, individuals are randomly assigned to one of the three study groups and receive the intervention of the assigned group

**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 Ahvaz University of Medical Sciences  
**Street address**  
Golestan highway  
**City**  
Ahvaz

**Province**  
Khouzestan  
**Postal code**  
61357-1579

**Approval date**  
2018-10-22, 1397/07/30

**Ethics committee reference number**  
IR.AJUMS.REC.1397.502

## Health conditions studied

1

**Description of health condition studied**  
Overweight and obesity

**ICD-10 code**  
E66.9

**ICD-10 code description**  
Obesity, unspecified

## Primary outcomes

1

**Description**  
weight loss percentage

**Timepoint**  
Weight at baseline and 2 months from the baseline

**Method of measurement**  
Weighing Scale

## Secondary outcomes

1

**Description**  
physical activity score

**Timepoint**  
at baseline and 2 months from the baseline

**Method of measurement**  
International Physical Activity Questionnaire

## Intervention groups

1

**Description**  
Control group: will receive two sessions of standard diet therapy which includes face-to-face counseling and weight loss diet.

**Category**  
Lifestyle

2

**Description**  
First intervention group: Besides receiving standard diet therapy, they will join a private group in WhatsApp app. Individuals in this group, will receive educational messages aimed at weight loss and also have the opportunity to talk about each subjects and share their

experiences. Posting messages in this group will be 1-2 times a week.

**Category**

Lifestyle

**3****Description**

Second intervention group: besides receiving standard diet therapy, they will receive educational messages aimed at weight loss through WhatsApp app, on a daily basis.

**Category**

Lifestyle

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Ahvaz Nutrition Consultation Clinics and Ahvaz University of Medical Sciences

**Full name of responsible person**

Majid Karandish

**Street address**

Golestan Highway

**City**

Ahvaz

**Province**

Khuzestan

**Postal code**

61357-1579

**Phone**

+98 61 3373 8319

**Email**

karandish-m@ajums.ac.ir

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Mohammad Badavi

**Street address**

Golestan Highway

**City**

Ahvaz

**Province**

Khuzestan

**Postal code**

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**Phone**

+98 61 3336 2414

**Email**

badavi-m@ajums.ac.ir

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

Yes

**Title of funding source**

Ahvaz 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**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Raziye Tahmasebi

**Position**

Masters student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nutrition

**Street address**

Golestan Highway

**City**

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**Postal code**

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**Phone**

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tahmasebi.r@ajums.ac.ir

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Majid Karandish

**Position**

Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nutrition

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**Person responsible for updating data****Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Raziye Tahmasebi

**Position**

Masters student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nutrition

**Street address**

Golestan Highway

**City**

Ahvaz

**Province**

Khouzestan

**Postal code**

61357-15794

**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**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available