Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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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

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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

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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
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Ahvaz University of Medical Sciences
Full name of responsible person
Raziye Tahmasebi
Position
Masters student
Latest degree
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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
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