

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The Survey of effect of software & web-based educational intervention on physical activity among students of Isfahan University of Medical Sciences based on Health Promotion Model

Protocol summary

Study aim

Determining and comparing the effect of software & web-based educational intervention on physical activity among students of Isfahan University of Medical Sciences based on Health Promotion Model

Design

This study will be conducted in intervention groups using web and software and its results will be compared with a control group.

Settings and conduct

The present study is an educational intervention in a post-test-post test using intervention and randomized control groups. The purpose of this intervention is designing and evaluating a web-based educational program based on the Pender model to promote physical activity of students in Isfahan University of Medical Sciences.

Participants/Inclusion and exclusion criteria

Students' satisfaction to participate in the study; study in Isfahan University of Medical Sciences; not having bad physical conditions. Exit: unwillingness to continue participation in each stage of the implementation of the plan; the occurrence of physical and mental problems during the study.

Intervention groups

Two intervention groups (Web and educational software) and one control group.

Main outcome variables

Promoting Physical Activity in Students

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181009041298N1**

Registration date: **2018-12-02, 1397/09/11**

Registration timing: **registered_while_recruiting**

Last update: **2018-12-02, 1397/09/11**

Update count: **0**

Registration date

2018-12-02, 1397/09/11

Registrant information

Name

Sahar Sabooteh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 3244

Email address

sabooteh.m@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-02, 1397/09/11

Expected recruitment end date

2018-12-10, 1397/09/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Survey of effect of software & web-based educational intervention on physical activity among students of Isfahan University of Medical Sciences based on Health Promotion Model

Public title

The Survey of effect of education on students' physical activity

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Student Satisfaction to Participate in the Study Student of Isfahan University of Medical Sciences Not having bad physical conditions

Exclusion criteria:

Unwillingness to continue participating in each stage of the implementation of the plan The occurrence of physical and mental problems during the study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **75**

Actual sample size reached: **75**

Randomization (investigator's opinion)

Randomized

Randomization description

Stratified Random Allocation Sampling in each of the colleges considered as a class will be tailored to the number of students in those colleges from the total sample set. After determining the sample size to be examined in each faculty, the random allocation of interventions will be based on the random method of the permutation block to volume 3, which will allow each student to select the same number in each group in the intervention and control groups. Take it The selection of samples in each of the classes (colleges) will be systematically conducted on the basis of a list provided to the researcher.

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 Isfahan University of Medical Sciences

Street address

Hazar Jarib Street

City

Isfahan

Province

Isfahan

Postal code

81746-73461

Approval date

2017-05-22, 1396/03/01

Ethics committee reference number

IR.MUI.REC.1396.3.578

Health conditions studied

1

Description of health condition studied

physical activity

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Physical activity

Timepoint

Before the intervention, immediately after the intervention, three months, six months later

Method of measurement

Physical activity questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: promotion of physical activity using educational software and the Internet for one month

Category

Behavior

2

Description

Control group: do not do extra work in this group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan University of Medical Sciences

Full name of responsible person

Sahar Sabooteh
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Esfahan University of Medical Sciences
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Grant name

Isfahan University of Medical Sciences

Grant code / Reference number

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

Yes

Title of funding source

Esfahan 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
Esfahan University of Medical Sciences
Full name of responsible person

Sahar Sabooteh
Position
Ph.D candidate
Latest degree
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Other areas of specialty/work
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Person responsible for scientific inquiries

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Person responsible for updating data

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available