Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of Health video games on anthropometry and promotion of Intrinsic motivation, self-efficacy and Preference Diet patterns and motor activity in 9-12 year old students

Protocol summary

Study aim
Determining the Effect of Health video games on anthropometry and promotion of Intrinsic motivation, self-efficacy and Preference Diet patterns and motor activity in 9-12 year old students

Design
Controlled clinical trial before and after, all elementary school students in Bushehr, possible - Multi-stage, blind two-sided, the sample size is 128 people.

Settings and conduct
The researcher visits the school and selects the samples in a multistage way from among the entire research community (students aged 9 to 12). In this research, a researcher-made video game will be used; participants in the test group will play a video game at home according to the reminder program; the researcher will be in touch with the parent to remind the play. There will be no intervention for the control group. Two-way blind (data researcher and analyst): At first, pre-tests are collected from both groups; Then information about the game is given in envelopes depending on the children; the control group are also given the same packets.

Participants/Inclusion and exclusion criteria
Inclusion criteria : 1. All students aged 12-9 years 2.Interested in playing video games 3.Having a mobile or tablet 4.Having BMI Between Percentiles Fifty to Ninety-Five Exit criteria: 1.Having a physical illness like seizure disorders 2.Having a special diet

Intervention groups
A researcher made video game will be used.participants in the test group will play video games at home according to the reminder program. there will be no intervention for the control group.

Main outcome variables
promotion Diet(self-efficacy, Preference and intrinsic motivation) ,physical activity (self-efficacy, Preference and intrinsic motivation)

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20130317012830N33**
Registration date: **2019-01-02, 1397/10/12**
Registration timing: **retrospective**

Last update: **2019-01-02, 1397/10/12**
Update count: **0**

Registration date
2019-01-02, 1397/10/12

Registrant information
Name
Faezeh Jahanpour
Name of organization / entity
Bushehr University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-11-21, 1397/08/30
Expected recruitment end date
2018-12-05, 1397/09/14
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date

empty

Scientific title
Effect of Health video games on anthropometry and promotion of Intrinsic motivation, self-efficacy and Preference Diet patterns and motor activity in 9-12 year old students

Public title
Effect of Health Video game

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
All students aged 9-12 years Interest in playing video games Having a mobile or tablet Having BMI Between Percentiles Fifty to Ninety-Five

Exclusion criteria:
Having a physical illness like seizure disorders Having a special diet

Age
From **9 years** old to **12 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Investigator
- Data analyser

Sample size
Target sample size: **128**

Randomization (investigator's opinion)
Randomized

Randomization description
Of the total research community (students aged 9 to 12), we select samples in a multi-stage approach. In this sampling, we first select random numbers (random numbered Excel) from among the elementary schools in Bushehr and then select from a randomly selected random class (Excel random number table) and then Of the selected classes, a number of students are divided into two groups of test and control using the permutation block method. A total of 128 people (64 control groups and 64 test groups) are enrolled in the study.

Blinding (investigator's opinion)
Double blinded

Blinding description
In this study, data researcher and analyst are blind. At first, pre -tests are collected from both groups and game information is given in envelopes depending on the children. The same packets are given to the control group.

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee Bushehr University of Medical Sciences

Street address
No. 12, Bahmani, Yasini Avenue,Bushehr University of Medical Sciences Campus, Bushehr, Iran

City
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Province
Boushehr

Postal code
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Approval date
2018-10-30, 1397/08/08

Ethics committee reference number
IR.BPUMS.REC.1397.69

Health conditions studied

1

Description of health condition studied
Preventing Obesity

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
promotion Diet patterns (Intrinsic motivation, self-efficacy and Preference)

Timepoint
Before intervention; immediately after intervention; 6 weeks after intervention; 6 months after intervention

Method of measurement
Diet patterns Questionnaire: To assess food patterns, three questionnaires (Preference , intrinsic motivation and self-efficacy) will be used.

Secondary outcomes

1

Description
promotion motor activity(Intrinsic motivation, self-efficacy and Preference)

Timepoint
Before the intervention; immediately after the intervention; 6 weeks after the intervention; and 6 months after the game .

Method of measurement
To assess motor activity, three questionnaires (Preference questionnaire, intrinsic motivation and self-efficacy) were used.

Intervention groups

1

Description

Intervention group: In this research, a researcher-made video game will be used; this video game will use healthful 3D collections and animated characters to tell stories, according to numerous text and review reviews and guides. Supervisor professors, bookstores and various scientific articles and games in this field will be made in other countries and not having a similar sample in Iran. The game will be run in 8 sessions; each session will play about 40 minutes It will take time.At each stage of the game it is not possible to go to the next stage; after the specified time for each stage, it is possible to advance to the next stage. Companies in the test group will play a video game at home according to the program of remembrance, both Such a researcher will be telephoned with his parents (to remind them of the game). According to the research objectives, anthropometric indicators will be measured.Measuring the weight with the least amount of clothing without shoe will be done with a digital scale of SKAA with a precision of 100 grams. Measuring people's height using a wall-mounted Scythian scanner with a precision of 0.1 cm in the face standing, beside the wall and without shoes. While the shoulders are in normal position and waist circumference in the narrowest area. Measuring the weight of all students will be measured at a specified hour.

Category

Prevention

2

Description

Control group: There is no intervention for the control group. Anthropometric indicators will be measured according to the research objectives. Measuring the weight with the least amount of clothing without shoe will be done with a digital scale of SKAA with a precision of 100 grams. Measuring people's height using a wall-mounted Scythian scanner with a precision of 0.1 cm in the face standing, beside the wall and without shoes. While the shoulders are in normal position and waist circumference in the narrowest area. Measuring the weight of all students will be measured at a specified hour.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Bushehr Medical Sciences

Full name of responsible person

Faezeh Jahanpour

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Boushehr University of Medical Sciences

Full name of responsible person

Dr. Gholam Reza Khamisipour

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Boushehr 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
Boushehr University of Medical Sciences

Full name of responsible person
Faezeh Jahanpour

Position
PhD in Nursing / Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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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