

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jul 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

Country

Iran (Islamic Republic of)

Phone

+98 77 1455 0187

Email address

f.jahanpour@bpums.ac.ir

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

Bushehr

Province

Boushehr

Postal code

7518759577

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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NO 12, Campus of Medical Sciences, Bahamni, Yasini Avenue, Bushehr

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Web page address

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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Person responsible for updating data

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Other areas of specialty/work

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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