Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Influence of A Tailored Nurse-Led Intervention on Controlling Body Weight among Clients Who are Medically Diagnosed with Obesity

Protocol summary

Study aim

To determine the dominant eating trigger & the effects of a tailored nursing intervention on controlling such triggers.

Design

A quasi-experimental comparative design was employed to achieve the aforementioned objectives. 64 subjects will be assigned to Join the study group. the rest will be in the control group. The total sample size would be 128 subjects.

Settings and conduct

The setting of the intended study will be a specialized obesity control center. The conduct of the trial includes the recruitment, intervention, & followup phases. After recruitment, the subjects will be armed with orally & in written form instructions to enable them managing their dominant eating trigger & controlling their body weight. The following up phase includes monitoring the body weight after 4 weeks from the intervention phase, to examine the effectiveness of the intervention on the bodyweight.

Participants/Inclusion and exclusion criteria

Inclusion 1.Consent and compliance with all aspects of the study protocol, methods, providing data during follow-up 2. Male & female patients, who are 18-70 years old at the time of the data collection phase 3. Voluntarily seeking professional help from Obesity Control Centers in Baghdad City Exclusion 1. Morbidly ill subjects, whereas their physical & mental capacity, are impaired 2. Involvement with any other ongoing studies. 3. Medically diagnosed with psychotic diseases

Intervention groups

The intervention group subjects (n=64)will respond to “What Triggers Your Eating? Questionnaire”. This mandatory step will help in categorizing the subjects according to their dominant eating trigger(s). Subjects will be armed with orally & in written form instructions to manage their dominant eating trigger & controlling their body weight. The subjects (n=64) in the control group will not be given any instructions during the study course.

Main outcome variables

Bodyweight in Kg

General information

Reason for update

Acronym

Targeting Eating Triggers Trial (TETT)

IRCT registration information

IRCT registration number: **IRCT20190809044485N1**
Registration date: **2019-09-28, 1398/07/06**
Registration timing: **registered_while_recruiting**

Last update: **2019-09-28, 1398/07/06**
Update count: **0**

Registration date

2019-09-28, 1398/07/06

Registrant information

Name
Sadeq AL-Fayyadh
Name of organization / entity
University of Baghdad, College of Nursing
Country
Iraq
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s.al-fayyadh@conursing.uobaghdad.edu.iq

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-09-27, 1398/07/05

Expected recruitment end date

2019-10-29, 1398/08/07

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Influence of A Tailored Nurse-Led Intervention on Controlling Body Weight among Clients Who are Medically Diagnosed with Obesity

Public title
Targeting Eating Triggers: A Tailored Nurse-led Intervention for Body Weight Control
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Consent and compliance with all aspects of the study protocol, methods, providing data during follow-up contact Male & female patients, who are 18-70 years old at the time of data collection phase Voluntarily seeking professional help from Obesity Control Centers in Baghdad City
Exclusion criteria:
Involvement with any other ongoing studies. Medically diagnosed with psychotic diseases Morbidly ill subjects, whereas their physical & mental capacity are impaired
Age
From **18 years** old to **70 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **128**
Randomization (investigator's opinion)
Randomized
Randomization description
In order to maintain a transparent and scientific-based randomization process, simple randomization will be used in assigning participants (individuals: persons who are medically diagnosed with obesity), to treatment and control groups, assuming that each participant has an equal chance of being assigned to any group. The simple randomization procedure would involve throwing a dice (eg, below and equal to 3 = control, over 3 = treatment). No allocation concealment will be carried out.
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
Research Ethical Approval Committee, at the College of Nursing
Street address
Bab AL-Muadum,
City
Baghdad
Postal code
10001
Approval date
2017-12-03, 1396/09/12
Ethics committee reference number
2193

Health conditions studied

1

Description of health condition studied
Overweight & Obesity
ICD-10 code
E66.0
ICD-10 code description
Obesity due to excess calories

Primary outcomes

1

Description
Body weight in Kg
Timepoint
The body weight will be initially measured at the first meeting with the target subject before offering the educational intervention. After four weeks of the first meeting, the body weight will be re-checked to examine the effectiveness of the intervention on the body weight
Method of measurement
Self-report of body weight reduction in Kg by calculating the Body Mass Index

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The starting point of the interventional phase will start by asking the subjects to respond to “What Triggers Your Eating? Questionnaire”

(Nash, 1997). This mandatory step will help in categorizing the subjects according to their dominant eating trigger. Interventional group subjects in the intervention group will be armed with orally and in a written form simple, yet specific instructions to enable them managing their dominant eating trigger. The experimental group will be contacted after 30 days to see the influence of following the given instruction on the subject's body weight.

Category

Lifestyle

2

Description

Control group: It is planned that 64 subjects will be requited to be in this group. After determining their eating behavior dominant trigger, no instructions will be given to the subjects in the control group during the study course.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Obesity Control Center at AlKindy School of Medicine

Full name of responsible person

Dr. Mohammed Abdalmahdi AL-Qurtas

Street address

Alnahdah Square, Alkindy School of Medicine Campus

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+964 1 415 0076

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

College of Nursing, University of Baghdad

Full name of responsible person

Professor Iqbal Ghanim Muala, PhD. Dean

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deanship_Bagh@yahoo.com

Grant name

Grant code / Reference number

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

No

Title of funding source

The author of the trial is the funding source

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

The University of Baghdad, College of Nursing

Full name of responsible person

Sadeq AL-Fayyadh

Position

Faculty Member-A Lecturer

Latest degree

Ph.D.

Other areas of specialty/work

Nursing

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Name of organization / entity

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Sadeq AL-Fayyadh

Position

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Ph.D.

Other areas of specialty/work

Nursing

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
The researcher is acknowledging the scientific community to have verifiable findings of the study. sharing plan includes making all the related data available through publishing the study report in peer-reviewed reputable journals.
When the data will become available and for how long
God willing, once finishing the process of data collection, analysis and successfully publishing the manuscript, all the related files will become available for 6 months after publications
To whom data/document is available
All the related files will be shared with any scientific interested parties.
Under which criteria data/document could be used
It may be used after seeking the author's permission and acknowledging his contribution.
From where data/document is obtainable
The author's professional e-mail that will be available with the published manuscript can be used to contact the author. e-Mail: s.al-fayyadh@conursing.uobaghdad.edu.iq
What processes are involved for a request to access data/document
N/A
Comments
Profound appreciations are due to the IRCT members for their genuine efforts in helping researchers fulfiling their academic endeavours.