# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Jul 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

**Phone**

+964 1 521 1494

**Email address**

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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info@kme.uofbaghdad.edu.iq

## 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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## 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)**
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.