Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effectiveness Of Lifestyle modification Educationnal Program On Controlling The Risk Factor Of Metabolic Syndrom In Nurses

Protocol summary

Study aim
The Effect of Lifestyle Modification Training on controlling the Risk Factors of Metabolic Syndrom in Nurses .
Design
Clinicaell trial,control group, blinded to parallel groups,randomiaed
Settings and conduct
This study is a clinical trial intervention with pre- test & post -test with randomized control group with informed consent from participating groups & with the aim of the effectiveness of lifestyle modification training on controlling risk factors of metabolic syndrome in nurses.The hospital is military.
Participants/Inclusion and exclusion criteria
Log in:- Nurses with associate degree and work expreience of at last 6 months in military hospital. NO Login: -Pregnancy..-Having a history of surgery in the last . -Treated with blood pressure control and diabetes medication.
Intervention groups
The intervention group will Parrticipation in 3(60minute)training sessions,incuding famiiiarization with the disease and its effcts;espcially adherence to diet,enhancing phsical activity and promoting lifestyle.Intervention time is 3 months.
Main outcome variables
Fasting Blood Suger,Triglycerid,Gholsterol HDL

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20191111045410N1**
Registration date: **2019-12-26, 1398/10/05**
Registration timing: **retrospective**

Last update: **2019-12-26, 1398/10/05**
Update count: **0**
Registration date
2019-12-26, 1398/10/05

Registrant information
Name
Fatemeh Habibi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 3300 0538
Email address
stu.fatemeh.1981@bmsu.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-10-23, 1398/08/01
Expected recruitment end date
2019-12-22, 1398/10/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effectiveness Of Lifestyle modification Educationnal Program On Controlling The Risk Factor Of Metabolic Syndrom In Nurses

Public title
The Study of Lifestyle training on Contaoliing Metabolic syndrom
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:

A high school diploma 6 months working in a military hospital Minimum age 25 &Maximum 50 years

Exclusion criteria:

Pregnat . genetic diseases. Having a history of surgery in the last . treated with blood pressure control and diabetes medication. Treated with similar lifestyle training program

Age

From **25 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **200**

Randomization (investigator's opinion)

Randomized

Randomization description

This study is a simple randomized clinical trial study to achieve the goals of the study by using clinical and laboratory evaluation of people's health monitoring records in people who are diagnosed with metabolic syndrome based on ATPIII criteria. The study population consisted of 200 nurses in two groups of test and control. We assigned 40 patients to each group. Each person was assigned a number between 1 and 200 random numbers. It is generated electronically or from a random number table and assigned to numbers Ignored outside the range of 1 to 80 patients in groups 1 to 40 and 41 to 80 in the control group will be

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 Baghiyatalah University of Medical Sciences

Street address

No.550 ,Rezai st,End 17 South Sharivar st

City

Tehran

Province

Tehran

Postal code

1791685936

Approval date

2019-12-10, 1398/09/19

Ethics committee reference number

IR.BMSU.REC.1398.298

Health conditions studied

1

Description of health condition studied

Metabolic disorder unspecified

ICD-10 code

E88.9

ICD-10 code description

Metabolic disorder unspecified

Primary outcomes

1

Description

Fasting Blood Sugar

Timepoint

0-3 Months After measurement

Method of measurement

Enzymatic assay

2

Description

Triglyceride, Cholesterol HDL

Timepoint

0-3 Months After measurement

Method of measurement

Enzymatic assay

Secondary outcomes

1

Description

Abdominal obesity

Timepoint

0-3 Months after measurement

Method of measurement

Centimeters

2

Description

Blood Perssure

Timepoint

0-3 Months after measurement

Method of measurement

Mm mercury

Intervention groups

1

Description

The intervention group will participate in 3 60- minute

training sessions,including familiarization with the disease &its complications;disease control startegies,especially adherence to diet,increased physical activity.and life style enhancement . The intervention time is 3 months

Category

Lifestyle

2

Description

Control group: No Training is given to this group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Beast hospital

Full name of responsible person

Habibi,Fatemeh

Street address

No.550 ,Rezai st,End 17 South Sharivar st

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2

Recruitment center

Name of recruitment center

Baghiyatalah haspital

Full name of responsible person

Habibi,Fatemeh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

DR ,Alishiri, Gholam Hossin

Street address

Sheikh BahaiAve,Mulla Sadra Ave

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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

Bagheiat-allah 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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Parandeh,Akram

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

Sixth floor,Payambar Azam building,Nursing faculty

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Bagheiat-allah University of Medical Sciences

Full name of responsible person
Parandeh,Akram

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

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Person responsible for updating data

Contact

Name of organization / entity
Bagheiat-allah University of Medical Sciences

Full name of responsible person
Hbibi Fatemeh

Position
Nurse

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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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
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

Title and more details about the data/document
Article &Thesis

When the data will become available and for how long
6 months after the results are published

To whom data/document is available
Research Working in instiitutes, medical centers and research

Under which criteria data/document could be used
Research on the Prevention of Risk Factors for Metabolic Sndrome

From where data/document is obtainable
P.H.D Parande akram akram.parandeh@gmail.com

What processes are involved for a request to access data/document
Submit a requsest by email and confirmation of the request within to 2 to 4 weeks

Comments