

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 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 famiiliarization with the disease and its effects;espically 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

City

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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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Phone

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Email

Akram.parandeh@yahoo.com

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

Hbib 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 institutes, 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 request by email and confirmation of the request within to 2 to 4 weeks

Comments