

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### The effect of the SMS-based educational intervention on knowledge, attitude and practice of Iran University of Medical Sciences employees in terms of metabolic syndrome

#### Protocol summary

participants, knowledge and attitude in terms of metabolic syndrome

#### Study aim

Determining The effect of the SMS-based educational intervention on knowledge, attitude and practice of employees of Iran University of Medical Sciences in terms of metabolic syndrome

#### Design

From the list of staff of Iran University of Medical Sciences, 144 employees will be selected and randomly assigned to the control and the intervention group. Will be use block size 4 to randomization.

#### Settings and conduct

Setting: Iran University of Medical sciences. Conduct: One hundred fourteen employees of Iran university of Medical Sciences will be selected and randomly assigned to the control and the intervention group. The two groups completed the questionnaires. Educational text messages will be developed based on the pretest results. These messages will be send to mobile phone of intervention group. One month after the intervention, the two groups will be followed and completed the questionnaires again. Finally, the data will be analyzed by SPSS software .

#### Participants/Inclusion and exclusion criteria

Inclusion criteria: Employment in administrative departments of Iran University of Medical Sciences and having a personal cellphone Exclusion criteria: Pregnancy, breastfeeding and history of diagnosed atherosclerosis

#### Intervention groups

Intervention group: About 30 short messages in terms of metabolic syndrome will be developed and send during 4 weeks to phones of study participants. participants. Control group: No intervention.

#### Main outcome variables

Primary outcomes: Increasing performance of study participants in terms of prevention of metabolic syndrome Secondary outcomes: Increasing study

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20110727007132N20**

Registration date: **2020-10-18, 1399/07/27**

Registration timing: **registered\_while\_recruiting**

Last update: **2020-10-18, 1399/07/27**

Update count: **0**

##### Registration date

2020-10-18, 1399/07/27

##### Registrant information

##### Name

Tahereh Dehdari

##### Name of organization / entity

Iran University of Medical Sciences and Health Services

##### Country

Iran (Islamic Republic of)

##### Phone

+98 2188779118263

##### Email address

t-dehdari@tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-07-22, 1399/05/01

##### Expected recruitment end date

2021-03-19, 1399/12/29

##### Actual recruitment start date

empty

**Actual recruitment end date**  
empty

**Trial completion date**  
empty

**Scientific title**  
The effect of the SMS-based educational intervention on knowledge, attitude and practice of Iran University of Medical Sciences employees in terms of metabolic syndrome

**Public title**  
The effect of the SMS-based educational intervention on knowledge, attitude and practice of Iran University of Medical Sciences employees in terms of metabolic syndrome

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Employing in the administrative departments of Iran University of Medical Sciences Having a personal mobile phone  
**Exclusion criteria:**  
Pregnancy Breastfeeding History of diagnosed atherosclerosis

**Age**  
No age limit

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **144**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
The administrative employee list of Hemmat Campus of Iran University of Medical Sciences (with the exception of the faculty members) is available to researchers. We will select 144 people from this list at random and then randomly assign these individuals to the experimental and control groups. For randomization we will use block size 4. With a sample size of 144, 36 blocks of size 4 will be produced based on this online software: [www.sealedenvelope.com](http://www.sealedenvelope.com).

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**  
There is no special characteristic in this study.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of Iran University of Medical Sciences and Health Services

##### Street address

Iran University of Medical Sciences, Shahid Hemmat Highway

##### City

Tehran

##### Province

Tehran

##### Postal code

1449614535

#### Approval date

2019-12-15, 1398/09/24

#### Ethics committee reference number

IR.IUMS.REC.1398.925

## Health conditions studied

### 1

#### Description of health condition studied

Metabolic syndrome

#### ICD-10 code

E88.81

#### ICD-10 code description

Metabolic syndrome

## Primary outcomes

### 1

#### Description

Increasing the performance of study participants in terms of prevention of metabolic syndrome

#### Timepoint

Before and one month after the intervention

#### Method of measurement

Questionnaire

## Secondary outcomes

### 1

#### Description

Increasing the knowledge of study participants in terms of metabolic syndrome

#### Timepoint

Before and one month after the intervention

#### Method of measurement

questionnaire

### 2

#### Description

Modifying the attitude of study participants in terms of

metabolic syndrome

**Timepoint**

Before and one month after the intervention

**Method of measurement**

Questionnaire

**Intervention groups**

1

**Description**

Intervention group: About 30 short messages in terms of metabolic syndrome will be developed and send during 4 weeks to phones of study participants in the intervention group. Control group: No intervention.

**Category**

Behavior

**Recruitment centers**

1

**Recruitment center****Name of recruitment center**

Iran university of Medical Sciences and Health Services

**Full name of responsible person**

Dr. Jalil Koohpayehzadeh

**Street address**

Iran university of medical sciences, Shahid Hemmat highway

**City**

Tehran

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1449614535

**Phone**

+98 21 86701

**Email**

admins@iums.ac.ir

**Web page address**

https://iums.ac.ir

**Sponsors / Funding sources**

1

**Sponsor****Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Dr. Abbas Motevalian

**Street address**

Iran University of Medical Sciences, Shahid Hemmat highway

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**Email**

research@iums.ac.ir

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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**

Iran 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**

Iran University of Medical Sciences

**Full name of responsible person**

Dr. Tahereh Dehdari

**Position**

Associated professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Health Promotion

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Iran university of Medical Sciences, Shahid Hemmat highway

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dehdarit@yahoo.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Dr. Tahereh Dehdari

**Position**

Associated professor

**Latest degree**

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**Person responsible for updating data**

**Contact**

**Name of organization / entity**

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**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

The results only will be published in the article.

**Study Protocol**

No - There is not a plan to make this available

**Statistical Analysis Plan**

Not applicable

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Not applicable

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable