Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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 participants, knowledge and attitude in terms of metabolic syndrome

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.

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr. Abbas Motevalian

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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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Person responsible for updating data

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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