

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

The effect of Transtheoretical Model (TTM) to exercise behavior among pregnant women in Dehaghan Health Centers in 2009-10

Protocol summary

Summary

The main purpose of this study was to investigate the effect of applying the TTM model to exercise behavior among pregnant woman in health centers. In a quasi-experimental study, 100 women referred to health centers were recruited. Interventions included training about physical activity; benefits and perceived barriers during pregnancy in the form of discussion; lecture and showing film during the five sessions for pregnant woman. Education was completed through distribution of educational books among the pregnant woman. Primary outcomes included benefits; perceived barriers and activities measured before and one month after the study intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201008314327N3**

Registration date: **2010-09-13, 1389/06/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-09-13, 1389/06/22

Registrant information

Name

Mahnaz Solhi

Name of organization / entity

Iran University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 21 8805 2191

Email address

orkideh@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

vice-chancellor for research;iran university of medical science

Expected recruitment start date

2010-01-21, 1388/11/01

Expected recruitment end date

2010-02-19, 1388/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Transtheoretical Model (TTM) to exercise behavior among pregnant women in Dehaghan Health Centers in 2009-10

Public title

The effect of Transtheoretical Model (TTM) to exercise behavior

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: pregnant woman, fully completing questionnaires, participation in classes Exclusion criteria: not completing questionnaires, not participating in classes

Age

From **19 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 100

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences and health services

Street address

Iran University of Medical Science; hemmat exp.way

City

Tehran

Postal code

Approval date

2010-03-21, 1389/01/01

Ethics committee reference number

5/446د/26/پ

Health conditions studied

1

Description of health condition studied

Pregnancy

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

exercise behavior

Timepoint

1 months after

Method of measurement

questionnaire

2

Description

perceived benefits

Timepoint

before the intervention and one month after intervention

Method of measurement

questionnaire

3

Description

perceived barriers

Timepoint

before the intervention and one month after intervention

Method of measurement

questionnaire

4

Description

perceived benefits

Timepoint

before intervention and one month after

Method of measurement

questionnaire

5

Description

perceived social advocacy

Timepoint

before intervention and one month after

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Training physical activity during pregnancy, benefits and perceived barriers by discussion, lecture, showing film and slide for woman in five sessions. Education was completed due to distribution of educational book among woman.

Category

Other

2

Description

No intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Dehaghan Health Centers

Full name of responsible person

Leila Ahmadi, Master of health education; Employee of Dehaghan Health Center

Street address

Dehaghan Health and treatment Network, Isfahan

City

Isfahan

Email

solhi80@yahoo.com

Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice-chancellor for research; Iran University of Medical Sciences

Full name of responsible person

Ms. Cheshmy

Street address

Iran University of Medical Sciences; Hemmat exp.way

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice-chancellor for research; Iran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

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

Iran University of Medical Sciences and health services

Full name of responsible person

Mahnaz Solhi

Position

Assistant professor

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

Isfahan University of Medical Sciences and Health Services

Full name of responsible person

Leila Ahmadi

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Esfahan University of Medical Sciences and Health Services

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Expert in health education

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty
Analytic Code
empty

Data Dictionary
empty