Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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
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Name of organization / entity
Iran University of Medical Sciences and Health Services
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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
preceived 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

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
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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