

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

The Effect of economic motivation on weight reduction women in Kermanshah

Protocol summary

Study aim

1. Determine the effect of economic incentives on weight loss in the study population
2. Determine the effect of economic incentives on reducing BMI of the study subjects
3. Determine the effect of economic incentives on lowering blood lipid profiles (TG, LDL, HDL, Chol)

Design

Clinical trial without control group, phase one, 103 patients sample size

Settings and conduct

Participants in this study were women referred to two health centers in slums area of Kermanshah who were randomly selected from the list of centers with over 30 women. The study site was Nutrition Faculty of Kermanshah University of Medical Sciences, which were visited for follow-up each month.

Participants/Inclusion and exclusion criteria

Obese women over 30 and all with low socioeconomic status; pregnant women, experienced unsuccessful attempt for weight reduction and serious to weight loss

Intervention groups

The intervention of this study was to pay financial incentives to all participants. Diet and physical activity programs were also provided to everyone.

Main outcome variables

weight loss

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120525009856N8**
Registration date: **2020-02-25, 1398/12/06**
Registration timing: **retrospective**

Last update: **2020-02-25, 1398/12/06**

Update count: **0**

Registration date

2020-02-25, 1398/12/06

Registrant information

Name

Yahya Pasdar

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 83 1828 1991

Email address

yahya.pasdar@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-01-04, 1395/10/15

Expected recruitment end date

2018-01-05, 1396/10/15

Actual recruitment start date

2017-12-11, 1396/09/20

Actual recruitment end date

2018-12-11, 1397/09/20

Trial completion date

2018-12-11, 1397/09/20

Scientific title

The Effect of economic motivation on weight reduction women in Kermanshah

Public title

Economic incentives and weight loss

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

age over 30 years obese women (BMI $\geq$ 30 kg/m²)

Exclusion criteria:

pregnant women People who have been following a special diet from last 6 months to lose weight

Age

From **30 years** old to **53 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **103**

Actual sample size reached: **100**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kermanshah University of Medical Sciences,
Kermanshah, Iran

Street address

Deputy of Research and Technology, Building No. 2 of
Kermanshah University of Medical Sciences, Naft
Square, Shahid Beheshti blvd

City

Kermanshah

Province

Kermanshah

Postal code

6719851351

Approval date

2016-03-02, 1394/12/12

Ethics committee reference number

KUMS.REC.1394.484

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E66

ICD-10 code description

Overweight and obesity

Primary outcomes

1

Description

weight

Timepoint

Month 1,2,3,4,5,6,12

Method of measurement

in term of kg, by using body analyzer instrumen

2

Description

body mass index

Timepoint

Month 1,2,3,4,5,6,12

Method of measurement

in term of kg/m2, by using body analyzer instrumen

Secondary outcomes

1

Description

serum Total triglycerides

Timepoint

Month 1,3,6

Method of measurement

by using biochemical kits (Monobind ELISA kit)

2

Description

Serum LDL

Timepoint

Month 1,3,6

Method of measurement

by using Friedewald equation

3

Description

Serum HDL

Timepoint

Month 1,3,6

Method of measurement

by using biochemical kits (Monobind ELISA kit)

4

Description

serum total cholestrol

Timepoint

Month 1,3,6

Method of measurement

by using biochemical kits (Monobind ELISA kit)

5

Description

serum fasting blood sugar

Timepoint

Month 1,3,6

Method of measurement

by using biochemical kits (Monobind ELISA kit)

Intervention groups

1

Description

Intervention group: In this study, all subjects (103 people) received intervention. Intervention included financial incentives, seasonal diet, nutritional training, and physical activity. Participants were followed for 12 months. For the first 6 months of each month, they were given diet, nutrition, and physical activity training and encouraged if they lost weight. After the end of 6 months, they were asked not to go back and continue the same lifestyle and training they had seen to maintain their weight. Body composition and lipid profile were measured again at 12 months. People who kept their weight constant for six months received financial incentives

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Nutritional Science and Food Technology

Full name of responsible person

Dr Yahya Pashdar

Street address

School of Nutritional Science and Food Technology,
Next to Farabi Hospital, Isar Square

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Email

yahya.pashdar@kums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Farid Najafi

Street address

Vice- Chancellery of Research & Technology Affairs,
Building No. 2 of Kermanshah University of Medical
Sciences, Naft Square, Shahid Beheshti blvd

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Email

farid_n32@yahoo.com

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Kermanshah 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

Kermanshah University of Medical Sciences

Full name of responsible person

Mitra Darbandi

Position

Researcher

Latest degree

Master

Other areas of specialty/work

Epidemiology

Street address

Public Health faculty, Next to the Farabi Hospital,
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Email

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr Yahya Pashdar

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

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Person responsible for updating data

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Mitra Darbandi

Position

Researcher

Latest degree

Master

Other areas of specialty/work

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Postal code

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Phone

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Email

m.darbandi@kums.ac.ir

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

No more information

Study Protocol

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

Statistical Analysis Plan

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

Informed Consent Form

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

Clinical Study Report

Undecided - It is not yet known if there will be 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