

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The comparison of the effectiveness of orall exercise prescription and telephone reminder plus orall exercise prescription on physical activity in obese patients who refer to obesity clinic of Rasool Akram hospital during 1394.

Protocol summary

Summary

Forty six obese patients (BMI $\geq$ 25) who come to obesity clinic of Rasool Akram hospital for first time since 2015 to 2016 will be included in this study. The object of this study is assessment of exercise prescription in weight loss and physical activity. They will be evaluated in anthropometric parameters (weight, height, BMI, waist circumferences, hip circumferences, thigh circumferences, body composition), physical activity score and motivation. they divide in two groups randomly; 1- exercise prescription orally and 2- exercise prescription orally plus 5 minutes telephone reminder a week. patients in each group take a exercise prescription according to basic level of fitness. They take a aerobic program with frequency 5 times a week, intensity 40-60 % of heart rate reserve, 20-30 minutes a day. They can progress their program in time (5 min each two weeks) and intensity (up to 60 % heart rate reserve). The researcher call the patients and remind them of exercise and activity that they should do. All of the patients will be followed three months later. All of the parameters have pointed above are the outcome that will be evaluated 3 months later.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201506234409N5**
Registration date: **2015-07-24, 1394/05/02**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-07-24, 1394/05/02

Registrant information

Name

Parisa Nejati

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

parisanejati@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2015-07-01, 1394/04/10

Expected recruitment end date

2016-07-01, 1395/04/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of the effectiveness of orall exercise prescription and telephone reminder plus orall exercise prescription on physical activity in obese patients who refer to obesity clinic of Rasool Akram hospital during 1394.

Public title

Exercise prescription in physical activity

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Overweight and obesity (BMI $\geq$ 25); No exercise at least last three months; Absence of contraindication in aerobic exercise; Not using non-invasive weight loss methods during last 6 months; Not using bariatric surgery during last year; Exclusion criteria: The patients who do not like to continue; The patients who use other weight loss methods

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 46

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences

Street address

Next to Milad tower, Hemmat highway

City

Tehran

Postal code

Approval date

2015-04-19, 1394/01/30

Ethics committee reference number

94-01-30-25144-112373

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E65, E66.0

ICD-10 code description

Other obesity, Localized adiposity, Obesity due to excess calories, Obesity unspecified

Primary outcomes

1

Description

Physical activity score

Timepoint

Before intervention and three months after intervention

Method of measurement

International physical activity questionnaire (IPAQ)

2

Description

Anthropometric parameters (height, weight, waist circumference, hip circumference, thigh circumference)

Timepoint

Before intervention and three months after intervention

Method of measurement

Flexible ruler

3

Description

Body composition

Timepoint

Before intervention and three months after intervention

Method of measurement

Bio impedance analyser

Secondary outcomes

1

Description

Motivation

Timepoint

Before intervention and 3 months after intervention

Method of measurement

Motivation questionnaire

Intervention groups

1

Description

Aerobic exercise prescription begins with walking program 5 times a week, 40 -60% heart rate reserve, 20-30 minutes a week. It will progress according to physical fitness.

Category

Lifestyle

2

Description

Aerobic exercise prescription begins with walking 5 times a week, 40 -60% heart rate reserve, 20-30 minutes a day

plus 5 minutes a week reminder by telephone call.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Obesity clinic of Hazrate Rasool Akram hospital

Full name of responsible person

Parisa Nejati, Assistant professor of sports medicine

Street address

Sports medicine department, Eight floor, Rasool Akram hospital, Niyayesh street, Satarkhan street

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr. Seyed Javad Moosavi

Street address

Next to Milad tower, hemmat highway

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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

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

Rasool Akram hospital

Full name of responsible person

Parisa Nejati

Position

Assistant professor of sports medicine

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Rasool Akram hospital

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Person responsible for updating data

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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*