

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Designing and Assessing Effects of a Social Media Intervention for Improve Water Drinking Behaviour Among Grade 7 to 9 Female Students of Yasuj, Iran

Protocol summary

Study aim

Determining and comparing the effects of a social media intervention on the average volume of water consumption in the students of the intervention group compared to the control group before, immediately and three months after the intervention

Design

A before and after field trial with a comparison group, randomized, blinded on 388 participants.

Settings and conduct

Setting: Girls' Secondary schools in Yasuj, Kohgiluyeh and Boyerahmad province Method: The intervention is done virtually using a social media Blinding: Both intervention and comparison groups receive training through a social media, but participants are unaware of the content and structure of the tailored education (based on a selective framework) or general. In other words, they do not know which group they belong to

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Residence in Yasuj f Lack of diet and history of regular medication No cardiovascular, renal, hepatic diseases, diabetes, and hypertension Exclusion criteria No tendency to participation in the study

Intervention groups

Intervention group: Grade 7 to 9 Female Students of Yasuj in the school selected as the intervention group. Students in the experimental group receive a social media intervention to improve water consumption by the STARS in each class. Comparison group: Grade 7 to 9 Female Students of Yasuj in the school selected as the Comparison group. Students in the Comparison group will receive some general information about water consumption through the researcher.

Main outcome variables

Volume of water consumed daily by students Habit of drinking water during the day

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201229049874N1**

Registration date: **2021-09-23, 1400/07/01**

Registration timing: **prospective**

Last update: **2021-09-23, 1400/07/01**

Update count: **0**

Registration date

2021-09-23, 1400/07/01

Registrant information

Name

Sedigheh Shariatinia

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3668 0048

Email address

shariati@hlth.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-10-23, 1400/08/01

Expected recruitment end date

2022-07-23, 1401/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Designing and Assessing Effects of a Social Media Intervention for Improve Water Drinking Behaviour Among Grade 7 to 9 Female Students of Yasuj, Iran

Public title

Social Media Intervention for Improve Water Drinking Behaviour among students in Yasuj, Iran

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Residence in Yasuj Lack of diet and history of regular medication No cardiovascular, renal, hepatic diseases, diabetes, and hypertension

Exclusion criteria:

No tendency to participation in the study

Age

From **13 years** old to **15 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **388**

Randomization (investigator's opinion)

Randomized

Randomization description

This study is a field trial (Before and after study with a randomized comparison group) with 194 people in each group (water intervention and comparison group). Using simple randomization method, two school will be selected out from the list of secondary schools in Yasuj, where the number of seventh to ninth grade students is calculated equal to the sample size. Out of two schools, one is randomly assigned to experimental group and the other to the comparison group. All seventh to ninth grade students from these two schools enter the study.

Blinding (investigator's opinion)

Single blinded

Blinding description

Both intervention and comparison groups receive training through a social media, but participants are unaware of the content and structure of the tailored education (based on a selective framework) or general. In other words, they do not know which group they belong to.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Isfahan University of Medical Sciences

Street address

Hezar-Jerib St.

City

Isfahan

Province

Isfahan

Postal code

8174673461

Approval date

2020-12-27, 1399/10/07

Ethics committee reference number

IR.MUI.RESEARCH.REC.1399625

Health conditions studied

1

Description of health condition studied

Water consumption

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Mean Volume of daily water consumption

Timepoint

At the beginning of the study (before the intervention), during the intervention, immediately after the intervention, one month and three months after the intervention

Method of measurement

Recording the volume of daily water consumption as a self-report by Liq in 7

Secondary outcomes

1

Description

Habit to regular water consumption during day

Timepoint

Before the intervention, one month and three months after the intervention

Method of measurement

Self-reported by The Self-Report Habit Index

Intervention groups

1

Description

Intervention group: 7th to 9th grade female students in the secondary school of Yasuj, which has been selected as the intervention school. The selection of intervention components, behavioral change strategies, and educational methods and materials is mainly based on social cognitive theory. Students in the intervention group receive one of the interventions each week for three months through one of the social networks and online. Interventions in this group include providing the desired content through text messages, videos, audio and short text files, providing individual advice and feedback, publishing successful and unsuccessful experiences in the group, starring students who drank more water during the last week, help students to set short-term and long-term goals, verbally encourage students, encourage students to self-reward, use reminders to record the volume of water consumed, and develop a water drinking commitment letter and approval by students. The required content and media will be compiled by the researcher. Forming a group and presenting all the interventions is done by Stars in each class who has been trained to do this, and in this way the influence of peers is used to improve the drinking behavior of students. The researcher supervises the leadership of the group and the implementation of interventions by the stars, the discussions and the participation of all members of each group. Coordination and planning will be done with the school principal before the intervention.

Category

Lifestyle

2

Description

Control group: 7th to 9th grade female students in the secondary school of Yasuj, which has been selected as the control school. The comparison school will only receive a series of general and background information on the subject through the researcher, and peers will have no role in this group. Educational content will be provided to them after the end of the study.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Female secondary school of Yasuj

Full name of responsible person

Ahmad Ali Eslami

Street address

Golestan15 St., , Pasdaran Blvd.,

City

Yasuj

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Kohgiluyeh-va-Boyer-Ahmad

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7591875114

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Email

shariati@hlth.mui.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfarayen University of Medical Sciences

Full name of responsible person

Shaghayegh Hagh Joo Javanmard

Street address

Hezar-Jarib St.,

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Isfahan

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Phone

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Email

shariati@hlth.mui.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Esfarayen 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

Esfahan University of Medical Sciences

Full name of responsible person

Ahmad Ali Eslami

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is 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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Data related to the main outputs of the study

When the data will become available and for how long

One year after the publication of the study results

To whom data/document is available

Researchers working in universities and scientific institutes

Under which criteria data/document could be used

Conducting meta analysis

From where data/document is obtainable

Refer to the site of Isfahan University of Medical Sciences Vice Chancellor for Research Call Dr. Ahmad Ali Eslami or send a request email to him

What processes are involved for a request to access data/document

Send the request email and respond to it by the responsible person

Comments