

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The effect of educational intervention based on five-step Counseling model on the stages of change in physical activity and body image in employees of Khorasan Razavi Regional Water Company

Protocol summary

Study aim

Evaluation of the effectiveness of an educational intervention based on the five-step counseling model on the status of physical activity and body image in employees of Khorasan Razavi Water Authority

Design

Eighty employees were randomly divided into intervention and control groups using a random number table. Each participant was assigned a code. The intervention will be administered to the intervention group in 4 sessions of 30-minute.

Settings and conduct

The study population consisted of men and women working in Khorasan Razavi Water Authority, Mashhad. Two centers were randomly assigned to the control group and educational intervention. The members of the intervention group are given training based on the counseling model 5 steps and the members of the control group do not receive any training and after 3 months, they are evaluated through a questionnaire.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Employees who work in the health care network Employees who are not prohibited from physical activity or diet. Be able to give informed consent. They do not have health disorders. Exclusion Criteria: Failure to complete the post-test questionnaire. Not participating in training sessions Having a specific illness during the implementation of the plan prevents related activities.

Intervention groups

All participants (n=80) were allocated into an educational intervention (n=40) group and a control group (n=40). In the intervention group, the educational intervention was conducted based on the five-step counseling model with the main focus on the improvement of physical activity and body image concerns. The control group did not receive any intervention education.

Main outcome variables

Body image score, body satisfaction, Physical activity,

General information

Reason for update

Acronym

5A

IRCT registration information

IRCT registration number: **IRCT20160917029843N15**

Registration date: **2021-07-01, 1400/04/10**

Registration timing: **prospective**

Last update: **2021-07-01, 1400/04/10**

Update count: **0**

Registration date

2021-07-01, 1400/04/10

Registrant information

Name

Mohammad Vahedian-Shahroodi

Name of organization / entity

Social Determinants of Health Research Center,
Mashhad University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 51 3189 2202

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vahedianm@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-09-22, 1400/06/31

Expected recruitment end date

2022-03-21, 1401/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on five-step Counseling model on the stages of change in physical activity and body image in employees of Khorasan Razavi Regional Water Company

Public title

The effect of five-step Counseling model on the stages of change and body image in employees of Khorasan Razavi Regional Water Company

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

All of the participants workers in the health network. They have no prohibition on physical activity or diet. They are able to give informed consent. They do not suffer health impairments.

Exclusion criteria:

Failure to complete the post-test questionnaire. Not participating in training sessions Having a specific illness during the intervention that prevents related activities

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

This study is a quasi-experimental study. Khorasan Regional Water Organization consists of 2 centers in 2 separate regions. From these two centers in Mashhad, one center is randomly selected as a control group and another center as an intervention group. In this study, 80 employees who are in the intention and readiness stage have been randomly selected from 2 existing centers based on a table of random numbers and (randomized will be done during this stage) they are allocated into groups of control (40 people) and intervention (40 people). To use the random number table, the exact number of eligible participants in each center is first determined; then, we will consider them a code or number.

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**

Ethics committee of Mashhad University of Medical Sciences

Street address

University 18 Ave., School of Public Health

City

Mashhad

Province

Razavi Khorasan

Postal code

9138813944

Approval date

2021-05-31, 1400/03/10

Ethics committee reference number

IR.MUMS.REC.1400.052

Health conditions studied**1****Description of health condition studied**

Body image score

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

body satisfaction status

ICD-10 code

ICD-10

ICD-10 code description**3****Description of health condition studied**

Physical activity

ICD-10 code

Y93.6A

ICD-10 code description

Activity, physical games generally associated with school recess, summer camp and children

Primary outcomes**1****Description**

Body imaging score

Timepoint

Before intervention, immediately after intervention, 3 months after intervention

Method of measurement

a self-administered Multidimensional Body-Self Relations Questionnaire (MBSRQ)

2

Description

body satisfaction score

Timepoint

Before intervention, immediately after intervention, 3 months after intervention

Method of measurement

a self-administered Multidimensional Body-Self Relations Questionnaire (MBSRQ)

3

Description

Physical activity status

Timepoint

Before intervention, immediately after intervention, 3 months after intervention

Method of measurement

International Physical Activity Questionnaire(IPAQ)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: this group includes 40 regional water employees of Khorasan who are eligible to enter the study. The educational intervention was performed by educators specializing in health education and health promotion and a psychologist. In the intervention group, all participants receive a training program for one month through four workshops (one hour). All workshops were conducted based on the strategies of the 5-step counseling educational model to improve body posture and promote physical activity behaviors. In the intervention sessions, lectures, instructional videos, and pamphlets are used. A virtual sister group was also formed for information and group discussions.

Category

Behavior

2

Description

Control group: The control group did not receive any training program

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Khorasan Razavi Regional Water Company

Full name of responsible person

Mohammad Vahedian-shahroodi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr. Mohsen Tafaghdi

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NO 18, Daneshgah. School of Public Health

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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

Mashhad 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
Mashhad University of Medical Sciences

Full name of responsible person
Mohammad Vahedian-Shahroudi

Position
Academic Staff - Associate of 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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Position
Associate Professor

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

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

Title and more details about the data/document

Potential data can be shared only after identification

When the data will become available and for how long

Get started one month after the results are published

To whom data/document is available

Researchers working in academia and academic

Under which criteria data/document could be used

The data are sent by official request through academic or organizational emails of the researchers after confirmation and identification of the

From where data/document is obtainable

Dr. vahedian : vahedianm@mums.ac.ir

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

The data are sent by official request through academic or organizational emails of the researchers after confirmation and identification of the sender.

Comments