

# 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

##### Email address

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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Daneshgah 18. School of Public Health

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Full name of responsible person**  
Mohammad Vahedian-Shahroudi

### Position

Associate Professor

### Latest degree

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### Other areas of specialty/work

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### Province

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### Postal code

9137673119

### Phone

+98 51 3854 4633

### Email

vahedianm@mums.ac.ir

## 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