

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effect of educational intervention based on the theory of planned behavior through social networks (WhatsApp) on health-promoting behaviors in overweight women after childbirth referred to the comprehensive health service centers in Urmia in 1399

Protocol summary

Study aim

The effect of educational intervention based on the theory of planned behavior through social networks (WhatsApp) on health-promoting behaviors in overweight women after childbirth

Design

In this quasi-experimental study, 104 people in the intervention and control groups will be included. Randomization will be done using WWW.random.org.

Settings and conduct

After explanations about the research, they will be invited. Women will be included in the study in two groups of intervention and control. The intervention group will then be included in the WhatsApp messenger group. They will receive the educational content once a week in absentia and a WhatsApp group for a period of 90-60 minutes.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having a full-term pregnancy 42-37 weeks; No hospitalization of the Neonate; Non-participation in training courses previously; Not having a high-risk pregnancy; Lack of psychiatric disease; high BMI; Having literacy; Smartphone access. Exclusion criteria: Reluctance to participate in the study.

Intervention groups

Intervention group: The effect of educational intervention based on the theory of planned behavior through social networks (WhatsApp). Control group: only routine care.

Main outcome variables

The score of women's health-promoting behaviors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210811052148N1**

Registration date: **2021-09-17, 1400/06/26**

Registration timing: **registered_while_recruiting**

Last update: **2021-09-17, 1400/06/26**

Update count: **0**

Registration date

2021-09-17, 1400/06/26

Registrant information

Name

fateme nikkhah

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 44 3275 4962

Email address

fatemenikkhah490@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-09-11, 1400/06/20

Expected recruitment end date

2021-10-12, 1400/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on the theory of planned behavior through social networks

(WhatsApp) on health-promoting behaviors in overweight women after childbirth referred to the comprehensive health service centers in Urmia in 1399

Public title

The effect of educational intervention based on the theory of planned behavior through social networks (WhatsApp) on health-promoting behaviors in overweight women after childbirth

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having a full-term pregnancy 42-37 weeks No hospitalization of the Neonate Non-participation in training courses Not having a high-risk pregnancy Lack of psychiatric disease Having overweight after giving birth Having literacy Smartphone access

Exclusion criteria:

Reluctance to participate in the study

Age

From **18 years** old to **42 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **104**

Randomization (investigator's opinion)

Randomized

Randomization description

Samples will be selected by the quota sampling method. Thus, from each geographical area (north, south, east, and west) of Urmia, one center and a total of four comprehensive health service centers were selected. The north and south centers will be selected as the intervention group and the east and west centers as the control group. According to the number of files in each center, the files that meet the inclusion criteria will be selected and numbered in order. Using the site www.random.ir And the numbers obtained from this site will be selected as 52 cases as intervention group and 52 cases as the control group, respectively.

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 Urmia University of Medical Sciences

Street address

Resalat Boulevard, Emergency Alley

City

Urmia

Province

West Azarbaijan

Postal code

571478334

Approval date

2021-06-30, 1400/04/09

Ethics committee reference number

IR.UMSU.REC.1400.177

Health conditions studied

1

Description of health condition studied

Postpartum overweight

ICD-10 code

E66.3

ICD-10 code description

Overweight

Primary outcomes

1

Description

Women's Awareness Score of Pregnancy, Postpartum Care, and Health-Promoting Behaviors

Timepoint

Before and after of invention

Method of measurement

Health-Promoting Lifestyle Profile (HPLP-II)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Women in the intervention group will be asked to provide the contact number to the researcher, and then the people in the WhatsApp messaging group will be added. Moreover, they will receive the educational content once a week in absentia and a WhatsApp group for 90-60 minutes. The intervention will be done for six weeks; the sessions will be weekly, each session will be for 90-60 minutes. Training sessions will be self-fulfilling and create a positive attitude with communication, health responsibility, stress management, and physical activity.

1 and 3 months after the intervention, again the knowledge, beliefs, health-promoting behaviors (lifestyle) of individuals in both groups will be evaluated through previous questionnaires and the results will be compared and reported between the two study groups.

Category

Lifestyle

2

Description

Control group: Individuals in the control group will not be exposed to weekly training in the intervention group and will only receive their routine care. 1 and 3 months later, both groups' knowledge, beliefs, and health-promoting behaviors (lifestyle) will be re-evaluated through the previous questionnaires, and the results will be compared and reported between the two study groups.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Urmia Comprehensive Women's Hospital

Full name of responsible person

Fatemeh Moghadam Tabrizi

Street address

Hasani Street

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571478334

Phone

+98 44 3346 0998

Email

fmtabrizi@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

Iraj Mohebi

Street address

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Email

academic.relations@umsu.ac.ir

Grant name

Vice Chancellor for Research, Urmia University of Medical Sciences

Grant code / Reference number

11915-9979

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

Yes

Title of funding source

Oroumia 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

Oroumia University of Medical Sciences

Full name of responsible person

fatemeh moghaddam tabrizi

Position

associated professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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5714783734

Phone

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Email

fmtabrizi@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

fatemeh moghaddam tabrizi

Position

Associated professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data**Contact****Name of organization / entity**

Oroumia University of Medical Sciences

Full name of responsible person

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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

Use of data only for research purposes

When the data will become available and for how long

Access period starts 6 months after the results are published

To whom data/document is available

همه افراد اجازه دسترسی به داده های منتشر شده دارند

Under which criteria data/document could be used

Raw statistical data will not be published but statistical analysis will be available

From where data/document is obtainable

Responsible for registering clinical trials

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

It will be possible with the permission of the Ethics Committee and the Vice Chancellor for Research of Urmia University of Medical Sciences

Comments