Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 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

City
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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
Resalat Boulevard, Emergency Alley

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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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Resalat Boulevard, Emergency Alley

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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
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Other areas of specialty/work
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Person responsible for updating data

Contact
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Position
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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