

# 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](http://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**

Urmia

**Province**

West Azarbaijan

**Postal code**

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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West Azarbaijan

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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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**Full name of responsible person**

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

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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**