Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Education Based on Social Cognitive Theory on Weight Control Behaviors in Obese and Overweight Police Officers

Protocol summary

Study aim
Determining the effect of education based on cognitive-social theory on weight control behaviors in law enforcement officers with overweight and obesity

Design
A clinical trial with a control group, with parallel, double-blind, randomized groups on 102 obese and overweight soldiers, a random number table was used for randomization.

Settings and conduct
In order to conduct the present study, a letter of introduction was received from the Vice Chancellor for Research of Baqiyatallah University of Medical Sciences. To select the samples, select the people who met the inclusion criteria and prepare a list of them. Using a random table of numbers, 102 samples are selected from the relevant list. Selected samples with odd number are assigned to the control group and selected samples with even number are assigned to the experimental group to randomly select the control group and the experimental group, so that 51 controls and 51 experimental groups are selected.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Being overweight and obese Recruitment as military personnel Exclusion criteria: Having any physical or mental disorder that prevents the intervention.

Intervention groups
The intervention group received physical and nutritional behaviors based on Bandura social cognitive theory for two months. The control group did not participate in the training program, but were provided with training brochures in the form of training booklets.

Main outcome variables
Obesity, overweight

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210915052485N1**
Registration date: **2022-02-16, 1400/11/27**
Registration timing: **retrospective**

Last update: **2022-02-16, 1400/11/27**
Update count: **0**

Registration date
2022-02-16, 1400/11/27

Registrant information

Name
Alireza Esmaili

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 44 3646 3922

Email address
pubhealth.edu@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-07-23, 1400/05/01

Expected recruitment end date
2021-08-01, 1400/05/10

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect of Education Based on Social Cognitive Theory on Weight Control Behaviors in Obese and Overweight Police Officers

Public title
The Effect of Education Based on Social Cognitive Theory on Weight Control Behaviors
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
Overweight and obesity (body mass index above 25) Recruitment as military personnel Ability to participate in training sessions and conscious satisfaction in the study
Exclusion criteria:
Having any physical or mental disorder that prevents the intervention Absence from more than two training sessions Withdrawal of participants in each stage of the research
Age
No age limit
Gender
Male

Phase
N/A
Groups that have been masked

- Data analyser

Sample size
Target sample size: **102**
Randomization (investigator's opinion)
Randomized
Randomization description
Random number table is used for randomization. To use the table of random numbers, first to read the numbers in the table will be determined, then the numbers will be considered for different groups. We touch one of the numbers and move in one of the predetermined directions and assign the numbers to different groups.
Blinding (investigator's opinion)
Single blinded
Blinding description
In this study, only the data analyzer was blinded and was unaware of the method of allocating participants around the control and intervention group, and participants and educators inevitably receive and present educational intervention because they are aware of how to allocate people in the two groups.
Placebo
Not used
Assignment
Parallel
Other design features
Despite the study of the role of psychological and social factors on behavioral intentions of weight loss, little research has been done based on social cognitive theory to study weight loss behavior in the country and especially on the military. The present study, considering the importance of preventing obesity and overweight in the military, investigates the effect of training based on cognitive-social theory on preventive behaviors and body mass index index of overweight and obese police forces.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethics Committee of Baqiyatallah University of Medical Sciences
Street address
Tehran, Vanak Square, Mulla Sadra St., South Sheikh Baha'i St.
City
Tehran
Province
Tehran
Postal code
1435915371
Approval date
2021-09-12, 1400/06/21
Ethics committee reference number
IR.BMSU.REC.1400.068

Health conditions studied

1

Description of health condition studied
Obese and overweight people (body mass index above 25)
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Obesity
Timepoint
The beginning of the study and eight weeks later
Method of measurement
Using scales and calculating BMI

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention group will receive training based on cognitive-social theory on weight control behaviors. The educational content of the sessions includes: factors of overweight (age - sex - smoking - obesity - hypertension - sedentary - diabetes - unhealthy nutrition - alcohol - stress) - methods of

preparing and cooking healthy food - improving nutrition at work - methods Weight loss - Beneficial effects of physical activity and exercise on the body - The effect of exercise on obesity - Useful exercise prescription for obese people - Stress and its management - The role of patients' attitudes and beliefs on lifestyle modification - The role of others in choosing a healthy lifestyle Barriers and facilitators in the community were adjusted to choose a healthy lifestyle.

Category

Behavior

2

Description

Control group: The control group has their own daily programs and no training, but they were provided with training booklets and brochures.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

khoy police force

Full name of responsible person

Alireza Ismaili

Street address

Khoy city - Shariati street - in front of the medical sciences office

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

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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

Bagheiat-allah 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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Alireza Ismaili

Position

Master student of health, Baqiyatallah University

Latest degree

Master

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

Master

Other areas of specialty/work
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Person responsible for updating data

Contact
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is 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
Only part of the data related to the main outcome can be shared.
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
Researchers working in academic and scientific institutions or people working in nutrition clinics will be available.
Under which criteria data/document could be used
No analysis is allowed except with the knowledge of the research statistician
From where data/document is obtainable
pubhealth.edu@gmail.com /Alireza Esmeili
What processes are involved for a request to access data/document
Send me an e-mail. I will reply as soon as possible pubhealth.edu@gmail.com
Comments