

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 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

City

khoy

Province

West Azarbaijan

Postal code

5815814538

Phone

+98 44 2183 1466

Email

pubhealth.edu@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Alireza Ismaili

Street address

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

City

khoy

Province

West Azarbaijan

Postal code

5815814538

Phone

+98 44 2183 1466

Email

pubhealth.edu@gmail.com

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

Street address

Vanak Square, Mulla Sadra St., South Sheikh Baha'i St.

City

Tehran

Province

Tehran

Postal code

02188040060

Phone

1435916471

Email

pubhealth.edu@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Alireza Ismaili

Position

Master student of health education

Latest degree

Master

Other areas of specialty/work

Health Promotion

Street address

Vanak Square, Mulla Sadra St., South Sheikh Baha'i St.

City

Tehran

Province

Tehran

Postal code

1435915371

Phone

+98 21 8804 0060

Email

pubhealth.edu@gmail.com

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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Alireza Ismaili

Position

Master student of health education

Latest degree

Master

Other areas of specialty/work

Health Promotion

Street address

Vanak Square, Mulla Sadra St., South Sheikh Baha'i St.

City

Tehran

Province

Tehran

Postal code

1435916471

Phone

88040060

Email

pubhealth.edu@gmail.com

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