

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

The effect of obesity prevention education based on mobile health technology on the knowledge of mothers of school-age children in selected schools in Shiraz in 1402

Protocol summary

Study aim

The effect of obesity prevention education based on mobile health technology on the knowledge of mothers of school-age children in selected schools in Shiraz in 1402

Design

Sampling in this study was random cluster sampling so that two of the four areas of education were randomly selected. Then a girls 'school and a boys' school were randomly selected from each district in a cluster manner. In each school, all mothers from first to sixth grade were invited to participate in the study. Then, based on the lottery in each school, 18 people were selected as the intervention group and 18 people as the control group. participants are randomly divided into intervention and control groups and each participant is assigned a code

Settings and conduct

This clinical trial is blinded and conducted in Shiraz primary schools in such a way that the educational application is provided to the intervention group and no intervention is performed for the control group.

Participants/Inclusion and exclusion criteria

Inclusion criteria: • Willingness to participate in the study • Have a literacy • Access to mobile phones with Android system • The child is in primary school • The child lives with his mother • The person has not yet received obesity-related training. Exclusion criteria:: • Withdrawal from the study • Relocation of the child's school and relocation of the family from that area • Having a mental or physical illness, such as a hand injury or neurological illness that interferes with cell phone use or attending classes

Intervention groups

The intervention group receives an educational application and no intervention is performed for the control group.

Main outcome variables

obesity prevention education

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220131053891N2**

Registration date: **2023-05-23, 1402/03/02**

Registration timing: **registered_while_recruiting**

Last update: **2023-05-23, 1402/03/02**

Update count: **0**

Registration date

2023-05-23, 1402/03/02

Registrant information

Name

Fatemeh Vizeshfir

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3647 4258

Email address

vizeshfir@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-03, 1402/01/14

Expected recruitment end date

2023-07-05, 1402/04/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of obesity prevention education based on mobile health technology on the knowledge of mothers of school-age children in selected schools in Shiraz in 1402

Public title

The effect of obesity prevention education based on mobile health technology on the knowledge of mothers of school-age children in selected schools in Shiraz in 1402

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Willingness to participate in the study Have a literacy
The child should study in primary school The child should live with his mother Mobile access with Android operating system The person has not yet received training on obesity

Exclusion criteria:**Age**

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

- Participant
- Data analyser

Sample sizeTarget sample size: **72****Randomization (investigator's opinion)**

Randomized

Randomization description

Sampling in this study will be random cluster method in which two areas of the four areas of education are selected randomly. Then, a girls 'school and a boys' school are selected from each district in a cluster random manner. In each school, all mothers from the first to the sixth grade are invited to participate in the study. Then, based on a lottery in each school, 18 people The title of the intervention group and 18 people are selected as the control group.

Blinding (investigator's opinion)

Double blinded

Blinding description

Because the questionnaire is given to all participants, no one is aware that they are in the control and intervention group. The person analyzing the information also does not know who is in the intervention and control group.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Shiraz University of Medical Sciences

Street address

Shiraz University of Medical Sciences, opposite Phalestine Street, Zand Blvd,

City

Shiraz

Province

Fars

Postal code

71348-14336

Approval date

2021-06-08, 1400/03/18

Ethics committee reference number

IR.SUMS.REC.1400.232

Health conditions studied**1****Description of health condition studied**

Prevention of obesity

ICD-10 code

E66

ICD-10 code description

Overweight and obesity

Primary outcomes**1****Description**

Obesity Prevention Knowledge

Timepoint

Pre- intervention, post- intervention and two months after the intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Educational materials related to the definition of obesity, prevention of obesity, nutrition and physical activity suitable for children, will be provided to mothers in the intervention group in the form of an

application.
Category
Lifestyle

2

Description

Control group: There is no training in the control group

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Jafar Sadiq Primary School

Full name of responsible person

Pegah Pourtavalari

Street address

Koye Zahra blvd.in front of the 22 Bahman Stadium,
Imam Jafar Sadiq School

City

Shiraz

Province

Fars

Postal code

7153767964

Phone

+98 71 3726 1087

Email

Pegahpt11@yahoo.com

2

Recruitment center

Name of recruitment center

Shiraz primary schools

Full name of responsible person

Fatemeh Vizeshfir

Street address

Hazrat Fatemeh School of Nursing and Midwifery,
Namazi Square, Zand Boulevard

City

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Postal code

7193613119

Phone

+98 71 3647 4252

Email

Vizeshfir@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Memarpour Mahtab

Street address

Zand Boulevard, in front of Palestine Street

City

Shiraz

Province

Fars

Postal code

7134814336

Phone

+98 71 3235 7282

Email

Memarpour@sums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Vizeshfir Fatemeh

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

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City

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Phone

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Email

Vizeshfir@yahoo.com

Person responsible for scientific

inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Fatemeh Vizeshfir

Position

Assistant Professor

Latest degree

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Person responsible for updating data

Contact

Name of organization / entity

Shiraz 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

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

Not applicable

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

Outcome information can be shared under the supervision of the first author or facilitator after the subjects being unidentifiable

When the data will become available and for how long

3 months after printing the results

To whom data/document is available

Researchers with a license and code of ethics can apply

Under which criteria data/document could be used

As statistical information in research such as meta analysis, which requires these data

From where data/document is obtainable

Via emails; pegahpt11@yahoo.com and Vizeshfir@yahoo.com and researchers who do not have distance problems by referring to the School of Nursing, Department of Education

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

After receiving the message, the result will be sent up to one week

Comments