Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Sep 2026

The effect of nutrition education through a Smartphone on eating behavior and gestational weight gain in overweight pregnant women

Protocol summary

Study aim
Determining the effect of telemedicine training on eating behavior and weight gain of pregnant women with higher than normal body mass index

Design
Clinical trial with control group, with parallel groups, without blinding, randomized, on 102 mothers. Random permutation blocks were used for randomization.

Settings and conduct
samples are selected from pregnant mothers referring to health centers.

Participants/Inclusion and exclusion criteria
Pregnancy Body mass index 25 to 29.9 kg / m2 at the beginning or before of pregnancy Gestational age 12 to 14 weeks by ultrasound Single pregnancy Mother age between 18 -35 Ability of read and write in Persian Having a smart phone " Maternal disease and medical conditions require medical intervention Existence of risk factor for high risk pregnancy in mother (Preeclampsia, gestational diabetes, placenta previa and twin pregnancy) History of depression Addiction to drugs such as stimulants, alcohol, cigarettes and hookah Women who are on a diet or exercising regularly

Intervention groups
for intervention group, in addition to the routine care of health centers, training is provided using the WhatsApp messenger. To this end, a Group will be formed in WhatsApp messenger and they will receive two weekly educational messages containing nutrition and physical activity recommendations and a motivational message with images and videos From the 14st to the 36rd week of pregnancy . control group only receive routine care at health centers during the entire intervention period.

Main outcome variables
maternal weight gain is calculated and compared as the difference between the mother's weight before the intervention, and after the end of 28 and 36 weeks of pregnancy in the intervention and control groups.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220130053884N1**
Registration date: **2022-07-10, 1401/04/19**
Registration timing: **retrospective**

Last update: **2022-07-10, 1401/04/19**
Update count: **0**

Registration date
2022-07-10, 1401/04/19

Registrant information
Name
Saeedeh Esmaeili
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 66 3262 2833
Email address
esmaeili.s@ajums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-04-27, 1401/02/07

Expected recruitment end date
2022-05-10, 1401/02/20

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

The effect of nutrition education through a Smartphone on eating behavior and gestational weight gain in overweight pregnant women

Public title

The effect of nutrition education through a Smartphone on eating behavior and gestational weight gain in overweight pregnant women

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Pregnancy Body mass index 25 to 29.9 kg / m2 at the beginning or before of pregnancy Single pregnancy Gestational age 12 to 14 weeks by ultrasound Mother age between 18 -35 Ability of read and write in Persian Having a smart phone

Exclusion criteria:

Maternal disease and medical conditions require medical intervention Existence of risk factor for high risk pregnancy in mother (Preeclampsia, gestational diabetes, placenta previa and twin pregnancy) History of depression Addiction to drugs such as stimulants, alcohol, cigarettes and hookah Women who are on a diet or exercising regularly

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **52**

Randomization (investigator's opinion)

Randomized

Randomization description

Research samples had selected from available mothers who refer to health centers that have had criteria for enter the study. The method of assay is included the intervention on participants that are selected random and by the method of random permutation blocks with block size 1 (using the table related to random permutations) and the percentage of appointment is 2:2. The randomization list is prepared by a statistician. Each mother is reviwed for entering study condions and if she is eligible, she will enter one of the two study groups (control, intervention) based on randomization list.

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 Ahvaz Jundishapur University of Medical Sciences

Street address

Ground Floor, Ahvaz Jundishapur University of Medical Sciences and Health Services, , Vice Chancellor for Research and Technology, University City,Ahvaz,Iran

City

Ahvaz

Province

Khouzestan

Postal code

1579461357

Approval date

2021-07-03, 1400/04/12

Ethics committee reference number

IR.AJUMS.REC.1400.243

Health conditions studied

1

Description of health condition studied

Body mass index higher than normal

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

gestational weight gain

Timepoint

28،36 week of pregnancy

Method of measurement

Weight Scale

Secondary outcomes

1

Description

Eating behavior

Timepoint

28،36 week of pregnancy

Method of measurement

Three Factor Eating Questionnaire

Intervention groups

1

Description

Intervention group:for intervention group, in addition to the routine care of health centers, training is provided

using the WhatsApp messenger. To this end, a Group will be formed in WhatsApp messenger and they will receive two weekly educational messages containing nutrition and physical activity recommendations and a motivational message with images and videos From the 14st to the 36rd week of pregnancy (for 23weeks).

Category

N/A

2

Description

Control group: . control group only receive routine care at health centers during the entire intervention period.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

East Ahwaz Health Center; West Ahwaz Health Center

Full name of responsible person

Amrollah Mardani. Mehran Ahmadi Baloutaki

Street address

Kianabad between 15th and 16th East streets, in front of Haft Tir Park, Shahid Rastegari Street, Ayatollah Behbahani Highway.

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Ahvaz

Province

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+98 61 2215 6336

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info@ajums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Mehrnoosh Zakerkish

Street address

Ground Floor, Ahvaz Jundishapur University of Medical Sciences and Health Services, , Vice Chancellor for Research and Technology, University City,Ahvaz,Iran

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6135715794

Phone

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Email

zakerkish-m@ajums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Saeedeh Esmaeili

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

School of Nursing and Midwifery, Ahvaz Jundishapur University of Medical Sciences, Esfand St., Golestan, Ahvaz town

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esmaili.saeede@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Nahid Javadifar

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

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Person responsible for updating data

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Saeedeh Esmaeili

Position

Master Student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

Street address

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City

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Postal code

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Phone

+98 61 3373 8331

Email

esmaili.saeede@yahoo.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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Demographic information and outcome information will be shared without naming individuals.

When the data will become available and for how long

Start access 6 months after printing results

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

For use in review studies and by researchers working in academic institutions whose field of work is midwifery.

From where data/document is obtainable

Correspond Author javadifar-n@ajums.ac.ir Contact number 09166121693

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

The applicant emailed the responsible author and explained the reason for his request, and if the reasons are justified, the data will be provided to the person within a maximum of 7 working days.

Comments