Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of educational intervention based on Self-determination theory in level of physical activity in students during COVID-19 pandemic

Protocol summary

Study aim
Determining the effect of educational intervention based on self-determination theory model on the level of physical activity in students during the pandemic

Design
Clinical trial with control group, with parallel groups, blind, randomized, on 112 male and female students

Settings and conduct
112 male and female high school students in Rasht who participated in the study by two-stage random sampling method in two experimental (56) and control (56) groups.

Participants/Inclusion and exclusion criteria
Employment to study in the second year of high school Being in the inactive stages of mental readiness to change the behavior of physical activity means one of the stages of pre-thinking, thinking and intention Internet access (via mobile phone or tablet or computer for online or web-based educational interventions) Existence of physical limitations or disability to perform physical activity Having a mental disorder that has been approved by a doctor Reluctance to participate in research Deficiencies in answering questions and unwillingness to complete questionnaires despite warnings

Intervention groups
Girls' and boys' high school students of Rasht city were investigated

Main outcome variables
Physical activity Conceivable competence Conceivable dependence Conceived autonomy Change preparation steps Efficacy Education status of parents Parents's job Economic status of parents number of familly members

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20220619055218N1**
Registration date: **2022-07-12, 1401/04/21**
Registration timing: **retrospective**

Last update: **2022-07-12, 1401/04/21**
Update count: **0**

Registration date
2022-07-12, 1401/04/21

Registrant information

Name
sepideh Gharibpour poshtiri

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 13 3323 9985

Email address
s.gharibpour@qums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-03-20, 1400/12/29

Expected recruitment end date
2022-06-14, 1401/03/24

Actual recruitment start date
2022-03-20, 1400/12/29

Actual recruitment end date
2022-06-14, 1401/03/24

Trial completion date
2022-06-19, 1401/03/29

Scientific title
The effectiveness of educational intervention based on

Self-determination theory in level of physical activity in students during COVID-19 pandemic

Public title
The effectiveness of educational intervention based on Self-determination theory in level of physical activity in students during COVID-19 pandemic
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Voluntary and informed participation The first year of the second high school Employment to study in the second year of high school Being in the inactive stages of mental readiness to change the behavior of physical activity means one of the stages of pre-thinking, thinking and intention Internet access (via mobile phone or tablet or computer for online or web-based educational interventions)
Exclusion criteria:
Existence of physical limitations or disability to perform physical activity Having a mental disorder that has been approved by a doctor Reluctance to participate in research Deficiencies in answering questions and unwillingness to complete questionnaires despite warnings
Age
From **13 years** old to **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **112**
Actual sample size reached: **112**
Randomization (investigator's opinion)
Randomized
Randomization description
Multi-stage randomization and assigning students to control and experimental groups in such a way that 2 high schools for girls and 2 high schools for boys were randomly selected from the two educational districts of Rasht, and then 7 students were used as control and 7 students as experimental in each school. has been
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 Qazvin University of Medical Sciences
Street address
Unit4,baran apartment,ally9,laleh ally,takhti street
City
Rasht
Province
Guilan
Postal code
4173773499
Approval date
2022-01-14, 1400/10/24
Ethics committee reference number
IR-QUMS.REC.1400.416

Health conditions studied

1

Description of health condition studied
The effectiveness of educational intervention based on Self-determination theory in level of physical activity in students during COVID-19 pandemic
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The effect of educational intervention based on self-determination theory on students' physical activity
Timepoint
At the beginning of the study (before the intervention), immediately after the intervention, one month later
Method of measurement
Demographic and Demographic Information Questionnaire, International Physical Activity Measurement Questionnaire or IPAQ, Physical Activity Behavior Self-Efficacy Questionnaire, Autonomy Questionnaire for Physical Activity, Physical Activity Dependency Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Teaching the concept of physical activity, time, benefits, effects of lack of physical activity, providing a solution for doing physical activity in 7 online training sessions in the WhatsApp group in audio, educational file for 30 to 60 minutes.

Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Girls 'and boys' secondary schools in Rasht
Full name of responsible person
Sepideh Gharibpour
Street address
Unit4,Baran apartment, Laleh Alley, 9 Alley, Takhti street
City
Rasht
Province
Guilan
Postal code
4173773499
Phone
+98 13 3323 9958
Email
s.gharibpour@qums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Qazvin University of Medical Sciences
Full name of responsible person
Dr. Seyed Mehdi Mirhashemi
Street address
Shahid Beheshti Blvd. - Movadat Sub-Department of Research and Technology, Qazvin University of Medical Sciences
City
Qazvin
Province
Qazvin
Postal code
3415613911
Phone
+98 28 3333 7006
Email
sm.mirhashemi@qums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Qazvin University of Medical Sciences
Proportion provided by this source
10
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
Qazvin University of Medical Sciences
Full name of responsible person
Sepideh Gharibpour poshtiri
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Health Promotion
Street address
No4,Baran apartment,Ally9,Takhti steert
City
Rasht
Province
Guilan
Postal code
4173773499
Phone
+98 13 3323 9985
Fax
Email
s.gharibpour@qums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
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Full name of responsible person
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Person responsible for updating data

Contact

Name of organization / entity
Qazvin University of Medical Sciences

Full name of responsible person
Sepideh Gharibpour poshtiri

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There is no more information

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
No - There is not a plan to make this available