

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 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 Conceivable autonomy Change preparation steps Efficacy Education status of parents Parents's job Economic status of parents number of family 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

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Phone

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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

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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

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

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Position

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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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