

# 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

**City**

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**Province**

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**Postal code**

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**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

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## Person responsible for scientific inquiries

### Contact

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Qazvin University of Medical Sciences

**Full name of responsible person**

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## Person responsible for updating data

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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