

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

A clinical trial on comparing the effect of face to face education and training with short messages on the body mass index and nutritional habits in the overweight and obese female students of Qazvin University of Medical Sciences.

Protocol summary

Summary

Aim: This study aimed to examine the effects of face to face education and use of mobile short messages-Based Intervention on the body mass index and nutritional habits on overweight and obese female students. Method and materials: this is a single blind randomized clinical trial that conducted in Qazvin University of Medical Sciences. The sample were overweight and obese Females students that selected by convenience sampling. Samples were assigned randomly in two groups each group were 25 numbers. Randomization performed by a separate draw for each person by using green balls and blue balls. Inclusion criteria: being overweight (BMI ≥ 25) and obese (BMI ≥ 30) female students, have mobile. Exclusion criteria: not being pregnant or breastfeeding, not taking medications known to cause weight gain. Baseline BMI and nutritional habits were measured in two groups by using stadiometer, and nutritional habits questionnaire. Subjects in group one attended a face to face education session and received recommendations for weight control and nutritional habits, and subjects in group two received short messages about the nutritional habits and weight control twice a day for two months. After one month body mass index and nutritional habits were measured in two groups. This was a single blind study, so the subjects didn't know they were in which group are there allocated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201601231407N7**

Registration date: **2016-05-14, 1395/02/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-05-14, 1395/02/25

Registrant information

Name

Jalil Azimian

Name of organization / entity

Qazvin University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for Research and technology. Qazvin University of Medical Sciences. Qazvin. Islamic Republic Of Iran.

Expected recruitment start date

2015-06-21, 1394/03/31

Expected recruitment end date

2015-10-22, 1394/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A clinical trial on comparing the effect of face to face education and training with short messages on the body mass index and nutritional habits in the overweight and

obese female students of Qazvin University of Medical Sciences.

Public title

Assessing the effect of face to face education and training with short messages on the body mass index and nutritional habits of students.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Being overweight (BMI ≥ 25) or obese (BMI ≥ 30), have their own mobile phone. Exclusion criteria: Not being pregnant or breastfeeding. Not taking medications known to cause weight gain.

Age

From **18 years** old to **38 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

with two intervention groups

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Qazvin University of Medical Sciences

Street address

Vice chancellor for Research and technology. Qazvin University of Medical Sciences. Qazvin. Islamic Republic Of Iran

City

Qazvin

Postal code

59811-34197

Approval date

2015-12-09, 1394/09/18

Ethics committee reference number

ir.Qums.rec.1394.226

Health conditions studied

1

Description of health condition studied

obesity

ICD-10 code

E66.9

ICD-10 code description

Obesity, overweight

Primary outcomes

1

Description

body mass index

Timepoint

Before and three months after the study

Method of measurement

Subjects body weights were obtained with a digital adult calibrated scale (model 708, Seca, Germany, 0.01 kg) and their Heights were obtained by wall-mounted stadiometer (model 206, Seca, 0.1 cm), respectively. Body mass index (BMI; in kg/m²) was calculated.

Secondary outcomes

1

Description

nutritional habits.

Timepoint

Before and three months after the study.

Method of measurement

nutritional habits questionnaire.

Intervention groups

1

Description

Intervention group (1): Attending a face to face educational session for weight control and Nutritional habits.

Category

Lifestyle

2

Description

Intervention group (2): Receiving two interactive messages daily about weight control and Modification of nutritional habits for two months.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Qazvin University of Medical Sciences, Qazvin, Iran

Full name of responsible person

Fatemeh Mohammadi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for Research and Technology of Qazvin University of Medical Sciences. Qazvin. Iran

Full name of responsible person

Taghi Naserpur Farivar

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vice chancellor for Research and Technology, Qazvin University of Medical Sciences, Bahonar "Blvd.", Qazvin, Iran

City

Qazvin.

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for Research and Technology of Qazvin University of Medical Sciences. Qazvin. Iran

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Nursing and Midwifery school, Qazvin University of Medical Sciences, Qazvin, Iran

Full name of responsible person

Jalil Azimian

Position

PhD in Nursing, assistant professor

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty