Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Nov 2026

The effect of physical activity on postpartum anthropometric measurements

Protocol summary

Summary

The aim of this study was to evaluate the impact of physical activity after childbirth has been done on anthropometric indices. In this randomized controlled trial, 70 women who had undergone a delivery during 6 weeks to 6 months prior to admission, aged 18-40 years old, primiparous, were enrolled and randomly assigned to receive a 3-month intervention to increase physical activity using pedometer, in intervention group the routine outpatient department obstetric educational program, in control group. Assessments of anthropometric measurements including body weight, body mass index, waist and hip circumferences, waist to hip ratio and physical activity were conducted before and after the intervention and compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105026362N1**
Registration date: **2011-07-21, 1390/04/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-07-21, 1390/04/30

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Ahwaz Jundishapur University of Medical Sciences

Expected recruitment start date

2010-07-23, 1389/05/01

Expected recruitment end date

2011-03-19, 1389/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of physical activity on postpartum anthropometric measurements

Public title

Effect of physical activity on weight loss after delivery

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 18-40 years old, primiparous, singleton pregnancies, More than nine years of education, exclusive breast feeding Exclusion criteria: professional athletes (who plan exercise more than 30 minutes a day or five to seven days a week), medical and systemic diseases, Smoking or stop smoking during breast-feeding, Alcohol Addiction, lean and obese according to initial BMI before pregnancy (BMI ≤ 19 / 8, BMI ≥ 29 kg/m), preeclampsia, suffering musculoskeletal disorders (lumbar disc, osteoarthritis), cesarean delivery with complications

Age

From **18 years** old to **40 years** old

Gender

Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **70**
Randomization (investigator's opinion)
Randomized
Randomization description
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
Ahvaz Jundishapur University of Medical Sciences
Street address
Ground Floor, Vice chancellor for Research Office, Ahvaz Jondishapour University of Medical Sciences, University Campus, Ahvaz
City
Ahvaz
Postal code
15794-63157
Approval date
2010-09-23, 1389/07/01
Ethics committee reference number
U-89187

Health conditions studied

1

Description of health condition studied
postpartum obesity
ICD-10 code
E66.8
ICD-10 code description
Other obesity

Primary outcomes

1

Description
Weight
Timepoint
Befor intervention and 3 months after intervention
Method of measurement
Scale

2

Description
Bady Mass Index
Timepoint
Befor intervention and 3 months after intervention
Method of measurement
Scale and Centimeter

3

Description
Waist Circumference
Timepoint
Befor intervention and 3 months after intervention
Method of measurement
Centimeter

4

Description
Hip Circumference
Timepoint
Befor intervention and 3 months after intervention
Method of measurement
Centimeter

5

Description
Waist to Hip ratio
Timepoint
Befor intervention and 3 months after intervention
Method of measurement
Centimeter

6

Description
Physical Activity
Timepoint
Befor intervention and 3 months after intervention
Method of measurement
International Physical Activity Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Educational intervention aiming at increasing physical activity after delivery, using a pedometer for 3 months. 70 steps daily (500 steps weekly) were added During the 3 month intervention
Category

Lifestyle

2

Description
Control group: the routine outpatient department obstetric educational program in postpartum.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Abadan Health Centers
Full name of responsible person
Masoumeh Sechin Mattori
Street address
College of Nursing and Midwifery Islamic Azad University, Sikline, Abadan
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Jondi Shapur Ahvaz University of Medical Sciences
Full name of responsible person
Mostafa Feghhi
Street address
Jondi Shapur Ahwaz University of Medical Sciences, opposite the central building, Vice Chancellor for Research, Ahwaz University of Medical Sciences, Ahvaz
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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, Jondi Shapur Ahvaz University of Medical Sciences
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
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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