

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 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

Masoumeh Sechin Mattori

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Ahvaz 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 ($BMI \leq 19 / 8$, $BMI \geq 29$ 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 Fegghi

Street address

Jondi Shapur Ahvaz University of Medical Sciences, opposite the central building, Vice Chancellor for Research, Ahvaz University of Medical Sciences, Ahvaz

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Ahvaz

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

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Masoumeh Sechin Mattori

Position

Graduate student

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