

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Investigating the effect of educational intervention based on transtheoretical model on weight control behaviors in the staff of a law enforcement center

#### Protocol summary

##### Study aim

Investigating the effect of educational intervention based on transtheoretical model on weight control behaviors in the staff of a law enforcement center

##### Design

The clinical trial has two intervention and control groups, not blinded, on 90 patients and divided between the two groups in a non-random way based on the number in such a way that the odd number is in the intervention group and the even number is in the target group.

##### Settings and conduct

People included in the study, regardless of the group, will be weighed and blood tested at the prevention police dispensary located in Enghelab Square. Then the intervention group enters the process of training classes and is trained in ten 90-minute sessions. It should be noted that these classes are held in the prevention police. At this two-month time, the control group is not subjected to any intervention. After two months, weight and blood tests will be taken from all the people in the preventive police hospital. Now, with the obtained information, the effect of behavior change on people's weight is investigated.

##### Participants/Inclusion and exclusion criteria

Inclusion: employees with a body mass index (BMI) of 25 and above - age range from 20 to 50 years Exclusion: participating in a program Other training simultaneously or parallel to the intervention - Absence of specific heart, lung, etc. disease - Not requesting for retirement at least for the next 6 months - People who have had weight loss surgery - People who smoke

##### Intervention groups

There are two intervention and control groups in this study. For the intervention group: an intervention will be held in the form of training classes centered on exercise and diet change, and for the control group: no intervention, including classes, etc. will be conducted.

#### Main outcome variables

Weight; Blood Sugar; Cholesterol; Triglyceride

#### General information

##### Reason for update

Announcing the trial termination date

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20231007059643N1**

Registration date: **2023-11-30, 1402/09/09**

Registration timing: **prospective**

Last update: **2024-02-04, 1402/11/15**

Update count: **2**

##### Registration date

2023-11-30, 1402/09/09

##### Registrant information

###### Name

Taghi Shahnazi

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 6683 8871

###### Email address

saed.shahnazi@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-11-11, 1402/08/20

##### Expected recruitment end date

2024-01-10, 1402/10/20

##### Actual recruitment start date

2023-12-03, 1402/09/12

**Actual recruitment end date**

2023-12-05, 1402/09/14

**Trial completion date**

2024-02-03, 1402/11/14

**Scientific title**

Investigating the effect of educational intervention based on transtheoretical model on weight control behaviors in the staff of a law enforcement center

**Public title**

Investigating the effect of lifestyle on the weight of employees of a law enforcement center

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Employees with a body mass index (BMI) of 25 and above Being in the age range of 20 to 50 years old

**Exclusion criteria:**

Failure to participate in another training program at the same time or parallel to the intervention Absence of specific heart, lung, etc. disease Not requesting for transfer or retirement at least for the next 6 months People who have had weight loss surgery People who smoke

**Age**

From **20 years** old to **50 years** old

**Gender**

Male

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **90**

Actual sample size reached: **90**

**Randomization (investigator's opinion)**

Not 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**

Research Ethics Committees of Baqiyatallah Hospital

**Street address**

Quds Settlement (West) - Between South Flamak and

Zarafshan, Simai Iran St. - Ministry of Health, Treatment and Medical Education Headquarters, Block A, 13th Floor

**City**

Tehran

**Province**

Tehran

**Postal code**

1435916471

**Approval date**

2023-09-30, 1402/07/08

**Ethics committee reference number**

IR.BMSU.BAQ.REC.1402.071

**Health conditions studied****1****Description of health condition studied**

Obesity

**ICD-10 code**

E66.0

**ICD-10 code description**

Obesity Due to Excess Calories

**Primary outcomes****1****Description**

Weight

**Timepoint**

Measurement Once at The Beginning of The Study (Before The Intervention) And Again 60 Days (2 Months) later at The End of The Study (After The Intervention)

**Method of measurement**

Scales

**2****Description**

Blood Sugar

**Timepoint**

Measurement Once at The Beginning of The Study (Before The Intervention) And Again 60 Days (2 Months) later at The End of The Study (After The Intervention)

**Method of measurement**

Blood Test

**3****Description**

Cholesterol

**Timepoint**

Measurement Once at The Beginning of The Study (Before The Intervention) And Again 60 Days (2 Months) later at The End of The Study (After The Intervention)

**Method of measurement**

Blood Test

#### 4

##### **Description**

Triglyceride

##### **Timepoint**

Measurement Once at The Beginning of The Study (Before The Intervention) And Again 60 Days (2 Months) later at The End of The Study (After The Intervention)

##### **Method of measurement**

Blood Test

#### **Secondary outcomes**

empty

#### **Intervention groups**

##### 1

##### **Description**

Intervention group: a group of 45 people who participate in the following classes for ten 90-minute sessions during 8 weeks: Familiarity with obesity and its factors - Knowledge of healthy eating - Knowledge of body metabolism - Increasing self-efficacy - Principles of weight loss and eating patterns - exercise and its effects - planning for weight loss - preparation for weight loss - diet design - getting to know the stages and processes of change

##### **Category**

Lifestyle

##### 2

##### **Description**

Control group: a group of 45 people with a body mass index above 25 with individual numbers who do not participate in any classes or interventions.

##### **Category**

N/A

#### **Recruitment centers**

##### 1

##### **Recruitment center**

###### **Name of recruitment center**

Prevention police health

###### **Full name of responsible person**

Taghi Shahnazi

###### **Street address**

Jandarmery Street Enghelab Square

###### **City**

Tehran

###### **Province**

Tehran

###### **Postal code**

1314633751

###### **Phone**

+98 21 6398 1277

###### **Email**

saed.shahnazi@gmail.com

#### **Sponsors / Funding sources**

##### 1

##### **Sponsor**

###### **Name of organization / entity**

Bagheiat-allah University of Medical Sciences

###### **Full name of responsible person**

Dr. Abasali Imani Foladi

###### **Street address**

Vanak Square, Mollasadra St., South Sheikh Bahai St

###### **City**

Tehran

###### **Province**

Tehran

###### **Postal code**

1435916471

###### **Phone**

+98 21 8804 0060

###### **Email**

azmoon@bmsu.ac.ir

##### **Grant name**

##### **Grant code / Reference number**

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

Yes

##### **Title of funding source**

Bagheiat-allah University of Medical Sciences

##### **Proportion provided by this source**

100

##### **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**

Bagheiat-allah University of Medical Sciences

###### **Full name of responsible person**

Taghi Shahnazi

###### **Position**

Student

###### **Latest degree**

Bachelor

###### **Other areas of specialty/work**

Occupational Health

###### **Street address**

At the end of Imam Khomeini Street, Mirzaei Alley, No. 8, Mashaikh Dead end

###### **City**

Tehran

###### **Province**

Tehran

###### **Postal code**

1348543853

**Phone**

+98 21 6683 8871

**Email**

saed.shahnazi@gmail.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Bagheiat-allah University of Medical Sciences

**Full name of responsible person**

Taghi Shahnazi

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Occupational Health

**Street address**

At the end of Imam Khomeini street, Mirzaei alley, No. 8, Mashaikh dead end

**City**

Tehran

**Province**

Tehran

**Postal code**

1348543853

**Phone**

+98 21 6683 8871

**Email**

saed.shahnazi@gmail.com

**Person responsible for updating data****Contact****Name of organization / entity**

Bagheiat-allah University of Medical Sciences

**Full name of responsible person**

Taghi Shahnazi

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Occupational Health

**Street address**

At the end of Imam Khomeini Street, Mirzaei Alley, No. 8, Mashaikh Dead end

**City**

Tehran

**Province**

Tehran

**Postal code**

1348543853

**Phone**

+98 21 6683 8871

**Email**

saed.shahnazi@gmail.com

**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 further 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