

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 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

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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

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Other areas of specialty/work

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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

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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 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