

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness of Education Program on Morbidity Obese Patients Knowledge About Modifiable Risk Factors of non-Communicable Disease

Protocol summary

2023-11-19, 1402/08/28

Study aim

1. To determine the effectiveness of the education program on morbidity obese patients' knowledge about Modifiable risk factors of non-communicable disease. 2. To find out the relationship between morbidity obese patients' knowledge and their demographic characteristics.

Design

A pre-experimental design study (one group pre-posttest) was use to achieve the objectives of the study

Settings and conduct

The study was conducted in Baghdad Teaching Hospital

Participants/Inclusion and exclusion criteria

Inclusion Criteria of the Sample: 1. Patient with BMI > 30. 2. Adult patient (age > 18 years). 3. Male and female patients. 4. Patient score less than 60 in pretest (who have knowledge deficit) exclusion criteria 1. Patient with BMI > 30. 2. Patient score more than 60 in pretest

Intervention groups

(53) participant from Obesity and Therapeutic Nutrition Center at Baghdad Teaching Hospital in Medical City expose to education program

Main outcome variables

assess morbidity obese patients' knowledge about modifiable risk factors of non-communicable disease.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231111060020N1**
Registration date: **2023-11-19, 1402/08/28**
Registration timing: **registered_while_recruiting**

Last update: **2023-11-19, 1402/08/28**

Update count: **0**

Registration date

Registrant information

Name

Ahmed Alkhashan

Name of organization / entity

University of Baghdad

Country

Iraq

Phone

+964 770 729 5556

Email address

ahmed.ammar2102p@conursing.uobaghdad.edu.iq

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-01-19, 1401/10/29

Expected recruitment end date

2023-12-19, 1402/09/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of Education Program on Morbidity Obese Patients Knowledge About Modifiable Risk Factors of non-Communicable Disease

Public title

Effectiveness of Education Program on Morbidity Obese Patients Knowledge About Modifiable Risk Factors of non-Communicable Disease

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Patient with BMI > 30 Adult patient (age > 18 years)
Male and female patients Patient score less than 60 in
pretest (who have knowledge deficit)

Exclusion criteria:

Patient with BMI < 30 Patient score more than 60 in
pretest

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **53**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Data collection was done by the researcher, who kept the Confidentiality and anonymity of the data. The form of data collection is applied without mentioning the name of patients, their address, or any other information. The questionnaire and education program were presented to the ethical committee for scientific research which consist of five members of Professor and Assistant Professor at the College of Nursing, University of Baghdad

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

scientific research ethical committee in nursing
collage/ university of baghdad

Street address

Palestine street

City

Baghdad

Postal code

10011

Approval date

2023-05-21, 1402/02/31

Ethics committee reference number

8

Health conditions studied

1

Description of health condition studied

Obesity is a growing public health epidemic in the united states. It is defined as the excessive accumulation of body fat that may be detrimental to health and exists when one's body mass index (BMI) is 30 or higher (WHO, 2016). Obesity is a national problem that has drawn a great deal of attention, as obesity leads to increased mortality and morbidity rates (chan & woo, 2010).

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

morbidity obese patients' knowledge about modifiable risk factors of non-communicable disease

Timepoint

pre and post 4 weeks

Method of measurement

A constructional questionnaire was conducted to evaluate the effectiveness of education program on morbidity obese patients' knowledge about the modifiable risk factors of non-communicable disease

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: (53) participant from Obesity and Therapeutic Nutrition Center at Baghdad Teaching Hospital in Medical City , who exposed to education program

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Baghdad Teaching Hospital

Full name of responsible person

Ahmed Ammar Yasser

Street address

Palestine street

City

Baghdad

Postal code

10011

Phone

+964 770 729 5556

Email

ahmedkashan8080@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

university of baghdad

Full name of responsible person

Musa Juwad Aziz Al-Musawi

Street address

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City

baghdad

Postal code

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Email

ahmedkashan8080@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

Inviestigator

Proportion provided by this source

1

Public or private sector

Private

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

university of Baghdad

Full name of responsible person

Huda Baker Hassan

Position

professor

Latest degree

Ph.D.

Other areas of specialty/work

Adult Nursing

Street address

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City

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Province

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Postal code

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Phone

+964 780 137 6886

Email

ahmedkashan8080@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

university of baghdad

Full name of responsible person

Huda Baker Hassan

Position

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Person responsible for updating data

Contact

Name of organization / entity

university of baghdad

Full name of responsible person

Ahmed Ammar Yasser

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Adult Nursing

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

IPD collected for the primary outcome measure only

When the data will become available and for how long

starting in January 2024

To whom data/document is available

available for people working in academic nursing institutions

Under which criteria data/document could be used

descriptive analysis

From where data/document is obtainable

ahmedkashan8080@gmail.com

What processes are involved for a request to access data/document

email on ahmedkashan8080@gmail.com

Comments