

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

The effect of a SMS based- education intervention in modifying unhealthy nutrition behaviors regarding meat cooking among staffs

Protocol summary

Summary

Design and Objective: This study is quasi-experimental type. The aim of the study is the effect of a SMS based-education intervention in modifying unhealthy nutrition behaviors regarding meat cooking among staffs. **Setting and participants:** The study sample including 122 Iran university of Medical Sciences staffs (at Tehran/Iran in 2017) with no history of gastrointestinal cancers or ulcer will be assigned either to the intervention (n=61) or the control groups (n=61). **Intervention:** First, a suitable scale for assessing knowledge, attitude and unhealthy nutrition behaviors of employers regarding meat cooking will be designed and validated. In the next stage, two groups will complete the scale before the intervention. According to pre-test results, messages will be designed. Developed messages will be sent to staffs in the intervention group. Two groups will be followed 2 month after the intervention and complete the scale again. Finally, data will be analyzed. **Main outcome measures:** The effectiveness of developed intervention in modifying knowledge, attitude and unhealthy nutrition behaviors of participants regarding meat cooking was measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201704187132N16**

Registration date: **2017-04-30, 1396/02/10**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-04-30, 1396/02/10

Registrant information

Name

Tahereh Dehdari

Name of organization / entity

Iran University of Medical Sciences and Health Services

Country

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+98 2188779118263

Email address

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences and Health Services

Expected recruitment start date

2017-05-22, 1396/03/01

Expected recruitment end date

2017-09-23, 1396/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of a SMS based- education intervention in modifying unhealthy nutrition behaviors regarding meat cooking among staffs

Public title

The effect of a SMS based- education intervention in modifying unhealthy nutrition behaviors regarding meat cooking among staffs

Purpose

Prevention

Inclusion/Exclusion criteria

The main of inclusion criteria: Agreement to participate in the study; employment at the Iran University of Medical Sciences; no history of gastrointestinal cancers

or ulcer. The main of exclusion criteria: There is no exclusion criteria.

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **122**

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**

Ethics Committee of Iran University of Medical Sciences and Health Services

Street address

Iran University of Medical Sciences, Shahid Hemmat Highway

City

Tehran

Postal code**Approval date**

2017-02-12, 1395/11/24

Ethics committee reference number

IR.IUMS.REC 1395.95-04-27-29874

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

Nutrition education

ICD-10 code

Z71.3

ICD-10 code description

Dietary counselling and surveillance

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

Modifying unhealthy nutrition behaviors regarding meat cooking

Timepoint

Two months after the intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Performing a SMS-based educational intervention. Approximately 20-30 messages based on knowledge, attitude and unhealthy nutrition behaviors of staffs regarding meat cooking will be designed and sent to participants in the intervention group during 4 weeks.

Category

Prevention

2**Description**

Control group: No intervention

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

School of health, Iran University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Vafa

Street address

School of health, Iran University of Medical Sciences, Shahid Hemmat Highway

City

Tehran

2**Recruitment center****Name of recruitment center**

School of allied medical, Iran University of Medical Sciences

Full name of responsible person

Dr. Majid Safa

Street address

School of allied medical, Iran University of Medical Sciences, Shahid Hemmat Highway

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Iran University of Medical Sciences and Health Services

Full name of responsible person

Dr. Morteza Naserbakht

Street address

Iran University of Medical Sciences, Shahid Hemmat Highway

City

Tehran

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, Iran University of Medical Sciences and Health Services

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**

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Full name of responsible person

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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