Clinical Trial Protocol
Iranian Registry of Clinical Trials

29 Aug 2026

The impact of a results-based motivating system on population levels of the non-communicable diseases risk factors in Iran: A field trial study

Protocol summary

Study aim
Study the impact of a results-based motivating system on population levels of the non-communicable diseases risk factors in Iran: A field trial study

Design
First phase: at this stage, the basic information is collected based on the STEP questionnaire (with biochemical and physical measurements), at which point all four groups will be included in the study. The second phase: by using regular review studies, the best evidence and best practices will be obtained for effective interventions, and then we will train it with health experts and carers to use the methods. Third phase: in this phase, an operational plan with the presence of healthcare professionals and health care staff with the active participation of the research team is based on the initial data provided in the first phase of the study Phase IV: Using a performance-based incentive system to achieve goals based on initial data. In this regard, the focus group (FGD) method is used to reach the best option for an ideal incentive. In this phase only one group will arrive. * It should be noted that 4 rural centers and 4 urban centers will not receive any intervention.

Settings and conduct
This study will be carried out in Bushehr (Dashtestan), Semnan (Damqan and Garmsar) and Iran (shahryar) universities of medical sciences, .

Participants/Inclusion and exclusion criteria
16 urban health centers and 16 rural health homes

Intervention groups
16 urban health centers and 16 health homes

Main outcome variables
Hypertension; diabetes; insufficient physical activity; tobacco smoking; insufficient intake of fruits/vegetables; body mass index

General information

Reason for update
revised based on reviewer comment (of course, it was done in consultation with an epidemiologist)

Acronym
IRPONT

IRCT registration information
IRCT registration number: **IRCT20081205001488N2**
Registration date: **2018-06-03, 1397/03/13**
Registration timing: **prospective**

Last update: **2020-04-12, 1399/01/24**
Update count: **2**

Registration date
2018-06-03, 1397/03/13

Registrant information

Name
Maziar Moradi-Lakeh

Name of organization / entity
Iran University of Medical Sciences

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source
National Institute for Medical Research Development (NIMAD)

Expected recruitment start date
2018-06-17, 1397/03/27

Expected recruitment end date
2021-03-18, 1399/12/28

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
The impact of a results-based motivating system on population levels of the non-communicable diseases risk factors in Iran: A field trial study

Public title
The impact of a results-based motivating system on population levels of the non-communicable diseases risk factors in Iran: A field trial study

Purpose
Health service research

Inclusion/Exclusion criteria

Inclusion criteria:
In the first study, three medical universities will be selected randomly from three different climates, and they will be asked to submit a list of health and medical and health centers in their urban and rural areas, broken down by health centers and health homes. Then the list of networks that have the entry criteria (descriptions in the entry criteria) are prepared and then the selection is made randomly. From each University, four Urban health centers and four health home randomly selected . Four groups (each consisting of a health center and a health center) will be introduced.Of course, to control the likelihood of data contamination, one of the universities(Ṡemnan), in addition to the intervention cluster city, will select another city(Garmsar) with 4 urban clusters and 4 rural clusters, which will receive no intervention. Universities eligible for entry into the study: 1. Have the consent to cooperate in the study. Cities eligible for entry into the study are: 1. Cities with at least four urban health centers and four health-care homes. Eligible entry centers: 1. Health homes with at least two "Behvarz". 2. City bases Have at least 2 health care staff. And preferably have recruiting staff . 3. health homes that are preferable to the Very small village .eligible staff : Preferably, have fixed forces (recruitment) of health centers and health homes At least 2 years into that center.

Exclusion criteria:
Disagreement with the text of the memorandum, by the relevant authorities of the universities

Age
From **30 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **32**
More than 1 sample in each individual
Number of samples in each individual: **40**
Thirty-two clusters are considered and for each cluster, 40 samples (individuals with inclusion criteria) will be provided.

Randomization (investigator's opinion)
Randomized

Randomization description
we use randomization to randomly assign centers for intervention groups

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features
This is a field trial. Interventions are performed at the first health level of the selected areas, and the final outcome is measured using population surveys.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
national institute for medical research development

Street address
Tehran, West Fatemi St., Besat Street, No. 21

City
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Province
Tehran

Postal code
66900920-66938037

Approval date
2017-07-31, 1396/05/09

Ethics committee reference number
IR.NIMAD.REC.1396.084

Health conditions studied

1

Description of health condition studied
Risk factors of Non-communicable diseases

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Population level of uncontrolled hypertension

Timepoint
At the beginning of intervention (Month 0), 12 months after starting of intervention, 24 month after starting of intervention

Method of measurement
Population Survey

2

Description
Population level of Poorly controlled diabetes
Timepoint
At the beginning of intervention (Month 0), 12 months after starting of intervention, 24 month after starting of intervention
Method of measurement
Population Survey

3

Description
Population level of insufficient physical activity
Timepoint
At the beginning of intervention (Month 0), 12 months after starting of intervention, 24 month after starting of intervention
Method of measurement
Population Survey

4

Description
Population level of current tobacco smoking
Timepoint
At the beginning of intervention (Month 0), 12 months after starting of intervention, 24 month after starting of intervention
Method of measurement
Population Survey

5

Description
Population level of insufficient intake of fruits/vegetables
Timepoint
At the beginning of intervention (Month 0), 12 months after starting of intervention, 24 month after starting of intervention
Method of measurement
Population Survey

6

Description
Population level of body mass index
Timepoint
At the beginning of intervention (Month 0), 12 months after starting of intervention, 24 month after starting of intervention
Method of measurement
Population Survey

Secondary outcomes

empty

Intervention groups

1

Description
Group IV: Assessment of the main NCDs' risk factors and setting time-bound targets, AND Finding and sharing evidence on effective/efficient interventions for controlling the risk factors AND Operational planning with contribution of local health authoriti
Category
Other

2

Description
Group I: Assessment of the main NCDs' risk factors and setting time-bound targets.
Category
Other

3

Description
Group II: Assessment of the main NCDs' risk factors and setting time-bound targets AND Finding and sharing evidence on effective/efficient interventions for controlling the risk factors
Category
Other

4

Description
Group III: Assessment of the main NCDs' risk factors and setting time-bound targets AND Finding and sharing evidence on effective/efficient interventions for controlling the risk factors AND Operational planning with contribution of local health authorit
Category
Other

5

Description
Control group: A county (Garmsar County) consisting of 4 health houses and 4 health center will not receive any intervention, and only three survey will be conducted.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Iran university of medical sciences
Full name of responsible person
Maziar Moradi-Lakeh
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Recruitment center
Name of recruitment center
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Sponsors / Funding sources

1

Sponsor
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Full name of responsible person
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
National Institute for Medical Research Development (NIMAD)
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
Other

Person responsible for general inquiries

Contact
Name of organization / entity
Preventive Medicine and Public Health Research Center
Full name of responsible person
Maziar Moradi-Lakeh
Position
Professor
Latest degree
Specialist
Other areas of specialty/work
Public Health/Community Medicine
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Person responsible for updating data

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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
Access to relevant files is possible one year after the publication, with correspondence email: mazmoradi@gmail.com.

When the data will become available and for how long
One year after publication

To whom data/document is available
Academic researchers

Under which criteria data/document could be used
There is no limitation to the analysis

From where data/document is obtainable
Contact with email: mazmoradi@gmail.com

What processes are involved for a request to access data/document
Study aims of the study, about 10 to 21 days.

Comments