

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Effect of training based on family centered empowerment model on modifying some of obesity-related eating behaviors among women in Urmia

Protocol summary

Summary

The purpose of this semi experimental intervention study is women's empowerment in improving eating behaviors. period of intervention is 2 months, 90 women are randomly divided to the intervention and control groups. The study begins with conducting pretest. The control group do not receive any intervention. The intervention is training sessions based on family-centered empowerment model steps: 1- Increasing the perceived threat (sensitivity and perceived severity of the problem in the test group increase in three 45-minute sessions of group discussion) 2- Problem solving (women become practically familiar with the problem and its solving process during three 45-minute sessions of group discussion in small groups) 3- Education Partnership (educational materials in the form of pamphlets and booklet are transferred through the women to the active family member (husbands) 4- Process evaluation are done with oral questions at the beginning and after the end of each session and final evaluation are conducted with post-test. Inclusion criteria: age between 18 and 60 years old; married; having BMI above 25; not pregnant at the time of project; can read and write; ability to participate in the empowerment program; willingness to participate in project Exclusion criteria: Unwillingness or impossibility to continue to participate in the study; unwillingness to complete research tools; not participate in problem-solving sessions and in the training program. outcome measures include empowerment of women in the prevention and control of obesity through improved eating some unhealthy behaviors and reduce the economic burden on society in the future, and reduce the incidence of obesity-related diseases and disorders.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201209127352N7**

Registration date: **2012-09-30, 1391/07/09**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-09-30, 1391/07/09

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Center for community based participatory research,
Tehran university of medical sciences

Expected recruitment start date

2012-09-22, 1391/07/01

Expected recruitment end date

2012-10-22, 1391/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of training based on family centered empowerment model on modifying some of obesity-related eating behaviors among women in Urmia

Public title

modification of obesity-related eating behaviors

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age between 18 and 60 years old; married; having BMI above 25; not pregnant at the time of project; can read and write; ability to participate in the empowerment program; willingness to participate in project
Exclusion criteria: Unwillingness or impossibility to continue to participate in the study; unwillingness to complete research tools; not participate in problem-solving sessions and in the training program.

Age

From **18 years** old to **60 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

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

center for community based participatory research, Tehran university of medical sciences

Street address

Unit 9, floor 7, Gol complex, by Keshavarz Blvd., Northern Kargar

City

Tehran

Postal code

Approval date

2012-09-11, 1391/06/21

Ethics committee reference number

91-02-62-16975-63822

Health conditions studied

1

Description of health condition studied

obesity

ICD-10 code

E66

ICD-10 code description

Obesity due to excess calories

Primary outcomes

1

Description

food behavior

Timepoint

Before the intervention, two months after the intervention

Method of measurement

food behaviors checklist

Secondary outcomes

1

Description

Food behavior self efficacy

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Food behavior self efficacy questionnaire

2

Description

Knowledge

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Knowledge Questionnaire

3

Description

Attitude

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Attitude questionnaire

4

Description

Self- Steem

Timepoint

Before the intervention, two months after the intervention

Method of measurement

Rosenberg Self-Esteem Scale

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

Education based on family centered empowerment model steps will be implemented as following: Step one: The first step in family centered empowerment model is, increasing the perceived threat (perceived severity and perceived susceptibility) in the test group. Here perceived severity means to understand the risk as the absence of proper eating behavior and perceived susceptibility means to understand how a person is at risk for the diseases resulting from lack of proper eating behavior. Thus, by holding three group discussions and question and answer of participants about right and wrong eating behavior and unhealthy eating behaviors that will lead to complications and problems, we will try to improve the perceived threat (severity and perceived susceptibility). The second step in the empowerment model of family-centered, is problem solving: Problem solving will be conducted via group discussions in a manner that promotes self-esteem and self-control in the test group. The goal of this step is, understanding the problem by women and providing its solution. Hence problem-solving sessions, will hold in three 45-minute group discussions in small group of women, with together, under supervision of the researcher, with an objective example of their situation and expressing their experiences and also will discuss in what they have done so far in order to modify their wrong food behavior and so at this stage, women get practically familiar with their problems and their solving process. and this issue will enhance their efficacy. The third step in the family-centered empowerment model, is participation in training: in this step, discussed topics in previous meetings, on educational participation, transferred by the pamphlets and booklet to the active member of the family, to their husbands in this research, by women, in order to participate and support of their wives to modify the improper eating behavior. The fourth step in family centered empowerment model is evaluation that includes two stages: process evaluation and final evaluation

Category

Prevention

2**Description**

no intervention in the control group

Category

N/A

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

Health Care Center no 14

Full name of responsible person

Ms. Nemati

Street address

Imam Reza end street

City

urmia

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

Shahid Nikkhah Health Care Center

Full name of responsible person

Dr. Behzad

Street address

Mirza Shirazi Street, in front of Dokhanyat

City

Urmia

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

center for community based participatory research,
Tehran university of medical sciences

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City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

center for community based participatory research,
Tehran university of medical sciences

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**

Tehran University of Medical Sciences - Department
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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