

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Effect of educational program based on the planned behavior theory on physical activity of reproductive women

#### Protocol summary

##### Summary

To study the effect of education on the theory of planned behavior to enhance physical activity among women in reproductive age. This randomized control trial consisted of 174 women 18-40 years old who were not illiterate with lack of moderate and severe physical activity that referred to Ahvaz health centers. They randomly assigned to intervention and control group (87 women in each group). Women in intervention group participate in an educational program for 4 weeks. Their physical behavior was compared by questionnaire at the baseline and 4 and 12 weeks later.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201110067730N1**

Registration date: **2012-01-23, 1390/11/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-01-23, 1390/11/03

##### Registrant information

###### Name

Zohreh Omidifard

###### Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 61 1373 8331

###### Email address

omidifard.z@ajums.ac.ir

#### Recruitment status

##### Recruitment complete

##### Funding source

Ahvaz Jundishapur University of Medical Sciences

##### Expected recruitment start date

2011-09-23, 1390/07/01

##### Expected recruitment end date

2011-12-22, 1390/10/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of educational program based on the planned behavior theory on physical activity of reproductive women

##### Public title

Effect of educational program based on the planned behavior theory on physical activity of reproductive women

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Age 18 to 40 years; literacy. Exclusion criteria: pregnancy; menopause; participation in another curriculum for physical activity; contraindication for physical activity; Joining the Club; having severe and moderate physical activity.

##### Age

From **18 years** old to **40 years** old

##### Gender

Female

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **174**  
**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**

Ahvaz Jundishapur University of Medical Sciences

**Street address**

Ahvaz Jundishapur University of Medical Sciences,  
City University

**City**

Ahvaz

**Postal code**

6135715794

**Approval date**

2011-07-27, 1390/05/05

**Ethics committee reference number**

222

## Health conditions studied

### 1

**Description of health condition studied**

Physical activity

**ICD-10 code**

Z70-Z76

**ICD-10 code description**

Persons encountering health services in other  
circumstances

## Primary outcomes

### 1

**Description**

physical activity

**Timepoint**

Before the intervention, 4 weeks and 12 weeks after

**Method of measurement**

Standardized physical activity questionnaire

## Secondary outcomes

### 1

**Description**

Intended behavior, perceived control, subjective norm,  
Attitude and physical activity

**Timepoint**

Before and 4weeks and 12 weeks after intervention

**Method of measurement**

Questionnaire

## Intervention groups

### 1

**Description**

Intervention group: pamphlet, sending SMS, lectures and  
discussion groups.

**Category**

Behavior

### 2

**Description**

Control group: no intervention

**Category**

N/A

## Recruitment centers

### 1

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

no. 3 Health center west of Ahwaz

**Full name of responsible person**

Zohreh Omidifard

**Street address**

no. 3 Health center west of Ahwaz, Behdasht street,  
Kiyam

**City**

Ahvaz

## Sponsors / Funding sources

### 1

**Sponsor****Name of organization / entity**

Vice-chancellor for Research of Ahwaz Jundishapur  
University, Medical Sciences

**Full name of responsible person**

Dr. Mostafa Fegghi

**Street address**

Vice-chancellor for Research, Ahwaz Jundishapur  
University of Medical Sciences

**City**

Ahvaz

**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 of Ahwaz Jundishapur University, 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**

Ahwaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Zohreh Omidifard

**Position**

Master of midwifery

**Other areas of specialty/work****Street address**

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md.zohreomid@yahoo.com

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Ahwaz Jundishapur University of Medical Sciences

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Khadije Hekmat

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**Web page address****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*