

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**

Ahwaz Jundishapur University of Medical Sciences

City

Ahvaz

Postal code**Phone**

+98 66 1651 2241

Fax**Email**

md.zohreomid@yahoo.com

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

Ahwaz Jundishapur University of Medical Sciences

Full name of responsible person

Khadije Hekmat

Position

Master of midwifery

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

Ahwaz Jundishapur University of Medical Sciences

City

Ahvaz

Postal code**Phone**

+98 916 111 7300

Fax**Email**

md.zohreomid@yahoo.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Ahwaz Jundishapur University of Medical Sciences

Full name of responsible person

Zohre Omidifard

Position

Master of midwifery

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

Ahwaz JundiShapur University of Medical Sciences

City

Ahvaz

Postal code**Phone**

+98 66 1651 2241

Fax**Email**

md.zohreomid@yahoo.com

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