Clinical Trial Protocol
Iranian Registry of Clinical Trials

26 Sep 2026

Digital Media-based Health Intervention on the Promotion of Women's Physical Activity: A Quasi-Experimental Study

Protocol summary

Study aim
survey the impact of a digital media-based health intervention on promotion of women's physical activity
Design
In this research, 360 eligible women referring to health centers were chosen purposefully and a code was allocated to each one of them. Then, patients were randomly divided into two control and intervention groups.
Settings and conduct
Its population was women who referred to health centers in Kerman, Iran. At the time of the study, there were 8 active health centers in Kerman, in which 4 were randomly selected as intervention centers and 4 as control ones
Participants/Inclusion and exclusion criteria
having a mobile phone and the ability to use it, access to the internet, ability to use a computer and the internet
Intervention groups
intervention group who revived a digital media-based electronic educational intervention control group who do not receive any intervention
Main outcome variables
Physical Activity

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20160619028529N5**
Registration date: **2017-12-24, 1396/10/03**
Registration timing: **retrospective**

Last update: **2017-12-24, 1396/10/03**
Update count: **0**
Registration date
2017-12-24, 1396/10/03

Registrant information
Name
Hadi Tehrani
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 51 3853 8530
Email address
tehranih@mums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2013-07-03, 1392/04/12
Expected recruitment end date
2014-01-20, 1392/10/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Digital Media-based Health Intervention on the Promotion of Women's Physical Activity: A Quasi-Experimental Study

Public title
Digital Media-based Health Intervention on the Women's Physical Activity
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
being older than 18 years, having a mobile phone and the ability to use it access to the internet, ability to use a computer and the internet, willingness to participate
Exclusion criteria:

Age
From **18 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **380**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Other
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Tehran University of Medical Sciences
Street address
Number 21, Daneshgh St., Vali-e Asr Ave., Tehran
City
Tehran
Province
Tehran
Postal code
1416753955
Approval date
2013-05-22, 1392/03/01
Ethics committee reference number
IR.TUMS.REC.1392.244

Health conditions studied

1

Description of health condition studied
Physical activity
ICD-10 code
Y93.6A
ICD-10 code description
Activity, physical games generally associated with school recess, summer camp and children

Primary outcomes

1

Description
Physical activity
Timepoint
The beginning of the study (before the intervention) and six months after the intervention
Method of measurement
International Physical Activity Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: digital media-based electronic educational intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Eight health centers in Kerman
Full name of responsible person
Hadi Tehrani
Street address
school of health, Daneshgah St, Mashhad, Iran
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Mashhad
Province
Razavi Khorasan
Postal code
91388-13944
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+98 51 3893 9832
Email
tehranih@mums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Dr. Mohammad Ali Sahraiyan
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Research and Technology Dept Tehran University of Medical Sciences,Qods St.,Keshavarz Blvd, Tehran
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+98 21 8163 3698
Email
admission@tums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Tehran University of Medical Sciences

Proportion provided by this source
80

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
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Hadi Tehrani
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
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Person responsible for updating data

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tehranih@mums.ac.ir

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
Not applicable

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
Not applicable

Analytic Code
Not applicable

Data Dictionary
Not applicable

Title and more details about the data/document

Potential data is sharable after distinguishing people

When the data will become available and for how long

Start the access period one month after the publication of result

To whom data/document is available

Researchers working in academia

Under which criteria data/document could be used

Data is sent through an official request and by email

From where data/document is obtainable

Hadi Tehrani tehranih@mums.ac.ir

What processes are involved for a request to access data/document

Data is sent through an official request and by email

Comments