

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Designing and Assessing Effects of a Social Media Intervention for Improve Water Drinking Behaviour Among Grade 7 to 9 Female Students of Yasuj, Iran

#### Protocol summary

##### Study aim

Determining and comparing the effects of a social media intervention on the average volume of water consumption in the students of the intervention group compared to the control group before, immediately and three months after the intervention

##### Design

A before and after field trial with a comparison group, randomized, blinded on 388 participants.

##### Settings and conduct

Setting: Girls' Secondary schools in Yasuj, Kohgiluyeh and Boyerahmad province Method: The intervention is done virtually using a social media Blinding: Both intervention and comparison groups receive training through a social media, but participants are unaware of the content and structure of the tailored education (based on a selective framework) or general. In other words, they do not know which group they belong to

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: Residence in Yasuj f Lack of diet and history of regular medication No cardiovascular, renal, hepatic diseases, diabetes, and hypertension Exclusion criteria No tendency to participation in the study

##### Intervention groups

Intervention group: Grade 7 to 9 Female Students of Yasuj in the school selected as the intervention group. Students in the experimental group receive a social media intervention to improve water consumption by the STARS in each class. Comparison group: Grade 7 to 9 Female Students of Yasuj in the school selected as the Comparison group. Students in the Comparison group will receive some general information about water consumption through the researcher.

##### Main outcome variables

Volume of water consumed daily by students Habit of drinking water during the day

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20201229049874N1**

Registration date: **2021-09-23, 1400/07/01**

Registration timing: **prospective**

Last update: **2021-09-23, 1400/07/01**

Update count: **0**

##### Registration date

2021-09-23, 1400/07/01

##### Registrant information

##### Name

Sedigheh Shariatinia

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3668 0048

##### Email address

shariati@hlth.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2021-10-23, 1400/08/01

##### Expected recruitment end date

2022-07-23, 1401/05/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

## Scientific title

Designing and Assessing Effects of a Social Media Intervention for Improve Water Drinking Behaviour Among Grade 7 to 9 Female Students of Yasuj, Iran

## Public title

Social Media Intervention for Improve Water Drinking Behaviour among students in Yasuj, Iran

## Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

Residence in Yasuj Lack of diet and history of regular medication No cardiovascular, renal, hepatic diseases, diabetes, and hypertension

### Exclusion criteria:

No tendency to participation in the study

## Age

From **13 years** old to **15 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

- Participant

## Sample size

Target sample size: **388**

## Randomization (investigator's opinion)

Randomized

## Randomization description

This study is a field trial (Before and after study with a randomized comparison group) with 194 people in each group (water intervention and comparison group). Using simple randomization method, two school will be selected out from the list of secondary schools in Yasuj, where the number of seventh to ninth grade students is calculated equal to the sample size. Out of two schools, one is randomly assigned to experimental group and the other to the comparison group. All seventh to ninth grade students from these two schools enter the study.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

Both intervention and comparison groups receive training through a social media, but participants are unaware of the content and structure of the tailored education (based on a selective framework) or general. In other words, they do not know which group they belong to.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of Isfahan University of Medical Sciences

##### Street address

Hezar-Jerib St.

##### City

Isfahan

##### Province

Isfahan

##### Postal code

8174673461

#### Approval date

2020-12-27, 1399/10/07

#### Ethics committee reference number

IR.MUI.RESEARCH.REC.1399625

## Health conditions studied

### 1

#### Description of health condition studied

Water consumption

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Mean Volume of daily water consumption

#### Timepoint

At the beginning of the study (before the intervention), during the intervention, immediately after the intervention, one month and three months after the intervention

#### Method of measurement

Recording the volume of daily water consumption as a self-report by Liq in 7

## Secondary outcomes

### 1

#### Description

Habit to regular water consumption during day

#### Timepoint

Before the intervention, one month and three months after the intervention

#### Method of measurement

Self-reported by The Self-Report Habit Index

## Intervention groups

## 1

### Description

Intervention group: 7th to 9th grade female students in the secondary school of Yasuj, which has been selected as the intervention school. The selection of intervention components, behavioral change strategies, and educational methods and materials is mainly based on social cognitive theory. Students in the intervention group receive one of the interventions each week for three months through one of the social networks and online. Interventions in this group include providing the desired content through text messages, videos, audio and short text files, providing individual advice and feedback, publishing successful and unsuccessful experiences in the group, starring students who drank more water during the last week, help students to set short-term and long-term goals, verbally encourage students, encourage students to self-reward, use reminders to record the volume of water consumed, and develop a water drinking commitment letter and approval by students. The required content and media will be compiled by the researcher. Forming a group and presenting all the interventions is done by Stars in each class who has been trained to do this, and in this way the influence of peers is used to improve the drinking behavior of students. The researcher supervises the leadership of the group and the implementation of interventions by the stars, the discussions and the participation of all members of each group. Coordination and planning will be done with the school principal before the intervention.

### Category

Lifestyle

## 2

### Description

Control group: 7th to 9th grade female students in the secondary school of Yasuj, which has been selected as the control school. The comparison school will only receive a series of general and background information on the subject through the researcher, and peers will have no role in this group. Educational content will be provided to them after the end of the study.

### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Female secondary school of Yasuj

##### Full name of responsible person

Ahmad Ali Eslami

##### Street address

Golestan15 St., , Pasdaran Blvd.,

##### City

Yasuj

##### Province

Kohgilouyeh-va-Boyerahmad

##### Postal code

7591875114

##### Phone

+98 74 3322 6850

##### Email

shariati@hlth.mui.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Esfarayen University of Medical Sciences

##### Full name of responsible person

Shaghayegh Hagh Joo Javanmard

##### Street address

Hezar-Jarib St.,

##### City

Isfahan

##### Province

Isfahan

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8174673461

##### Phone

+98 31 3668 8138

##### Email

shariati@hlth.mui.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Esfarayen University of Medical Sciences

#### 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

Academic

## Person responsible for general inquiries

### Contact

##### Name of organization / entity

Esfahan University of Medical Sciences

##### Full name of responsible person

Ahmad Ali Eslami

##### Position

Professor

##### Latest degree

Ph.D.

##### Other areas of specialty/work

Health Promotion

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Hezar-jarib St.,

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eslamiaa@gmail.com

## Person responsible for scientific inquiries

### Contact

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Esfahan University of Medical Sciences  
**Full name of responsible person**  
Ahmad Ali Eslami  
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## Person responsible for updating data

### Contact

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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

Undecided - It is not yet known if there will be 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

Data related to the main outputs of the study

### When the data will become available and for how long

One year after the publication of the study results

### To whom data/document is available

Researchers working in universities and scientific institutes

### Under which criteria data/document could be used

Conducting meta analysis

### From where data/document is obtainable

Refer to the site of Isfahan University of Medical Sciences Vice Chancellor for Research Call Dr. Ahmad Ali Eslami or send a request email to him

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

Send the request email and respond to it by the responsible person

### Comments