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The effect of telephone reminder in physical activity amount and attitude: A randomized clinical trial

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This double blind randomized clinical trial aimed to evaluate the effect of phone reminder plus exercise prescription on physical activity amount, motivation and anthropometric parameters in patients who want to lose weight. The inclusion criteria were: BMI \geq 25, no participation in any exercise in last three months, no contraindication for aerobic exercise, no taking noninvasive methods during last 6 months, no bariatric surgery during last year and agreement to not take other weight loss method during the study. Forty-six patients were randomized in to two groups by computerized randomization in exercise prescription or exercise prescription plus 10 minutes telephone reminder a week. The first group did 30 minutes moderate walking (50% of heart rate reserve) 5 days a week. The second group did exercise like the first group but they were called by the researcher who remembered doing the prescribed exercise. Both groups took the same amount of calorie. Anthropometric parameters (weight, height, BMI, waist circumference, thigh circumference, pelvic circumference and body fat percentage), motivation and physical activity amount were measured before, one and three months after intervention. Physical activity and attitude were measured by international physical activity questionnaire (IPAQ) and motivation questionnaire, respectively. Body fat percentage was measured by bio impedance analyzer (BIA). Mean of motivation and physical activity score was increased in both groups after 3 months which was statistically significant (p-value <0.05). The anthropometric parameters did not change after 3 months in both groups. Mean difference of physical activity, attitude and anthropometric parameters after 3 months, was not significant between two groups (p-value >0.05). Ten minutes a week telephone reminder could not change the physical activity motivation, physical activity amount and anthropometric parameters in patients who take exercise prescription for weight loss.

Biography

Parisa Nejati is a Sports Medicine Specialist with seven years' of experience in Sports Injuries and Exercise Prescription in Medical Conditions. Her favorite field of work is Fitness and Obesity. She works as a Member of fitness team visiting the overweight and obese patients for prescribing exercise as well as diet adjustment. She has been teaching Sports Nutrition to sports medicine residents at Iran University of Medical Sciences since 2010. She has experience in Nutritional Strategies in special sports like indoor soccer or volleyball.

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