

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Effects of peer education on self-efficacy and quality of life in diabetic patients

Protocol summary

Summary

The aims of this clinical trial study is determination the effects of peer education on self-efficacy and quality of life in patients with type II diabetes. The target population of the study are all patients admitted to endocrine ward of Firoozgar hospital. All patient should have at least six months established type II diabetes. Sample size are 70 patients. Sampling is a simple random method and then patients will divide in two groups of case and control based on block randomization method. Some of the inclusion criteria of study are: patients with at least six month established type II diabetes, age between 21-75 years and lack of participation in other training program about diabetes during last six months. Some of the exclusion criteria including: patients with cognitive disorders, physical disability, medical and paramedical educations. Self efficacy and quality of life will measure before and after two months education.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201401079623N4**

Registration date: **2014-01-16, 1392/10/26**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-01-16, 1392/10/26

Registrant information

Name

Morteza Shamsizadeh

Name of organization / entity

Tehran University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2014-01-17, 1392/10/27

Expected recruitment end date

2014-02-16, 1392/11/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of peer education on self-efficacy and quality of life in diabetic patients

Public title

Effects of peer education on self-efficacy and quality of life in diabetic patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: • patients with established diabetes type II for at least 6 months. • Patients with age between 21-75 years. • Consent for participate in the study. • Patients dosent have any education about dibet durring past 6 months. • Ability to speak Persian. • Ability of reading and writing. • Patients without cognitive disorders, physical disability and medical education. • Able to be in direct or indirect communication with paients. Exclusion criteria: • Death of patients durring the study. • Patients without paricipation in the study. •

Patients in case group without participation in any of educational session. • Development of a new physical problem in patient that make him/her to unable of self care.

Age

From **21 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

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

Tehran University of Medical Sciences

Street address

Qods street, Keshavarz Bolvar, Tehran

City

Tehran

Postal code

1419733171

Approval date

2014-01-06, 1392/10/16

Ethics committee reference number

130/2315/92/3

Health conditions studied

1

Description of health condition studied

diabete

ICD-10 code

E10,E11,E1

ICD-10 code description

Diabetes mellitus

Primary outcomes

1

Description

self efficacy

Timepoint

before educational session and two months after educational session

Method of measurement

DMSES questionnaire

2

Description

quality of life

Timepoint

before educational session and two months after

Method of measurement

QOL questionnaires,N.M. Alavi et al.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group, receives peer education

Category

Other

2

Description

Control groups, receives routine education

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Firoozgar Hospital

Full name of responsible person

Dr.aghili

Street address

Vali-e-Asr Sq, Karim Khan Zand Ave, behafarin street, Firoozgar Hospital.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Azam Bahiraei

Street address

Faculty of Nursing and Midwifery of Tehran, Tohid SQ,
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City

Tehran

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

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

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Other areas of specialty/work

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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