

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

Effects of self-care program with multimedia software support on quality of life in patients with diabetes type II

Protocol summary

Summary

The aim of this study was to investigate the effects of self-care program with a multimedia software support on quality of life in patients with diabetes type II. This study was a randomized controlled clinical trial in which 60 patients with diabetes type II referred to diabetes clinic at Arak city were divided randomly into experiment (n=30) and control (n=30) groups. Inclusion criteria included: diabetes patients type II; age between 20 to 60 years; personal access or one of the family members to computer for using from software; ability of self-care; lack of previous using from multimedia training methods about diabetes. Exclusion criteria included: unwillingness to continue participation in the study; failure to complete the questionnaire; lack of using from software. Diabetes Quality of Life Brief Clinical Inventory (DQOL-BCI) was used in Persian language for determining of life quality. Data were collected before and 2 months after the intervention in the both groups. Educational program with equal content was applied for both experiment group (Self-care program with multimedia software support in two sessions) & control group (lecture and presentation with PowerPoint in one session).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014072410713N3**

Registration date: **2014-08-04, 1393/05/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-08-04, 1393/05/13

Registrant information

Name

Moloud Farmahani Farahani

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 1417 3524

Email address

farahani91@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2013-09-23, 1392/07/01

Expected recruitment end date

2014-06-22, 1393/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of self-care program with multimedia software support on quality of life in patients with diabetes type II

Public title

Effects of self-care program with multimedia software support on quality of life in patients with diabetes type II

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria included: diabetes patients type II; age between 20 to 60 years; personal access or one of the family members to computer for using from software; ability of self-care; lack of previous using from multimedia training methods about diabetes. Exclusion

criteria included: unwillingness to continue participation in the study; failure to complete the questionnaire; lack of using from software.

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Arak, Iran

City

Arak

Postal code

Approval date

2013-08-21, 1392/05/30

Ethics committee reference number

92-151-7

Health conditions studied

1

Description of health condition studied

Diabetes type 2

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Quality of Life

Timepoint

before and 2 months after the intervention

Method of measurement

Diabetes Quality of Life Brief Clinical Inventory (DQOL-BCI)

Secondary outcomes

empty

Intervention groups

1

Description

control group: lecture and presentation with PowerPoint in one session.

Category

N/A

2

Description

experiment group: Self-care program with multimedia software support in two sessions

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes Clinic at Arak City

Full name of responsible person

Street address

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr. Ali Asghar Yaghoubi

Street address

Arak University of Medical Sciences, Arak, Iran

City

Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Arak 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**

Arak university of Medical Sciences

Full name of responsible person

Molud Farmahini Farahani

Position

MSc Nursing

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

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Arak University of Medical Sciences

Full name of responsible person

Molud Farmahini Farahani

Position

MSc Nursing Education

Other areas of specialty/work**Street 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*