Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of the training program with multimedia software support on the knowledge and self-care behaviors of diabetic patients

Protocol summary

Summary

The purpose of this study was to investigate the effectiveness of a training program with multimedia software on the knowledge and self-care behaviors of diabetic patients. 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. The instruments for collecting data were "Summary of Diabetes Self-Care Activities questionnaire" and "knowledge of self-care in patients with diabetes". 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: **IRCT2015030410713N6**
Registration date: **2015-03-11, 1393/12/20**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-03-11, 1393/12/20

Registrant information

Name

Moloud Farmahani Farahani

Name of organization / entity

Arak University of Medical Siences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Siences

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

Effect of the training program with multimedia software support on the knowledge and self-care behaviors of diabetic patients

Public title

Effect of the training program with multimedia software support on the knowledge and self-care behaviors of diabetic patients

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 Siences

Street address
Arak Univercity of Medical Siences, Arak, Iran

City
Arak

Postal code

Approval date
2014-08-21, 1393/05/30

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
knowledge of self-care in patients with diabetes

Timepoint
before and 2 months after the intervention

Method of measurement
questionnaire knowledge of self-care in patients with diabetes

2

Description
self-care behaviors of diabetic patients

Timepoint
before and 2 months after the intervention

Method of measurement
Summary of Diabetes Self-Care Activities questionnaire

Secondary outcomes

empty

Intervention groups

1

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

Category
Other

2

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

Category
N/A

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 Siences

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 Siences
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 Siences
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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