

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effect of self care education based on Teach Back method on promotion of self care behaviors in type II diabetic patients

Protocol summary

Summary

The purpose of this study was determination of self care education effect based on Teach Back method for promotion of self care behaviors in type2 diabetic patients in Hamadan city, 2012 . Method and materials: Randomized clinical trial with intervention and control groups . Inclusion criteria: type2 diabetic patients with 1) Age 18 and over; 2) Having a history of type 2 diabetes who injected insulin in recent two weeks; 3) Lack of brain disorders such as delirium, dementia, learning disabilities; 4) Lack of speech and hearing disorders; 5) Having minimum literate; 6) not to take effective psychiatric drugs; 7) Need to nursing intervention at least in 3 fields of self care. Sample Size: 70 persons (each group 35). Intervention: educating by face to face method in 4 sessions. Patients were invited and participated to sessions by telephone call and presence in Care centrals. Primary outcome: awareness, sightness and activation of self care by questionnaires, before and one months after intervention.

Hamedan university of medical sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Hamedan University of Medical Sciences

Expected recruitment start date

2012-08-22, 1391/06/01

Expected recruitment end date

2013-02-19, 1391/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012090710770N1**

Registration date: **2012-10-27, 1391/08/06**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-10-27, 1391/08/06

Registrant information

Name

Mozhgan Jokar

Name of organization / entity

Scientific title

The effect of self care education based on Teach Back method on promotion of self care behaviors in type II diabetic patients

Public title

The effect of self care education based on Teach Back method on promotion of self care behaviors in type II diabetic patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1) Age 18 and over; 2) Having a history of type 2 diabetes who injected insulin in recent two weeks; 3) Lack of brain disorders such as delirium, dementia, learning disabilities; 4) Lack of speech and hearing disorders; 5) Having minimum literate; 6) not to take effective psychiatric drugs; 7) Need to nursing

intervention at least in 3 fields of self care.

Age

From **18 years** old to **85 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)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Local Human Review Board, Hamedan University of
Medical Sciences

Street address

Shahid Fahmideh st.

City

Hamedan

Postal code

65178

Approval date

2012-08-18, 1391/05/28

Ethics committee reference number

1841/9/35/16/د/پ

Health conditions studied

1

Description of health condition studied

Diabet of typell

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Awareness

Timepoint

Before and one month after intervention

Method of measurement

Awareness questionnaire of type II Diabetes

2

Description

attitude

Timepoint

before and one month after intervention

Method of measurement

attitude questionnaire of type II Diabetes (DAS)

3

Description

self care behaviors

Timepoint

before and one month after intervention

Method of measurement

Summary of Diabetes Self-Care Activities (SDSCA)
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention: self care education based on Teach Back
method in 4 face-to-face and individual education
sessions

Category

Behavior

2

Description

Control: no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti Hospital

Full name of responsible person

Mozhgan jokar, MSC student of medical-surgical
nursing

Street address

Shahid Fahmideh st.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vic-Chancellor for research, Hamedan University of Medical Sciences

Full name of responsible person

Dr. Ahmad Tavalani

Street address

Hamedan University of Medical Sciences

City

Hamedan

Grant name

از محل یک در صد بوجه ی طرح های تحقیقاتی دانشگاه

Grant code / Reference number

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

Yes

Title of funding source

Vic-Chancellor for research, Hamedan 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

Faculty of nursing and midwifery, Hamedan University of Medical Sciences

Full name of responsible person

Mozhgan Jokar

Position

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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