Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of self care education on quality of life of MS patient

Protocol summary

Summary

The aim of this study was to investigate the effect of self care education on the quality of life of multiple sclerosis patients. 80 multiple sclerosis patients from shiraz multiple sclerosis society were enrolled to receive eight sessions of self care educational program for three months. Primary outcome was quality of life patient's.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012120811691N1**
Registration date: **2013-03-03, 1391/12/13**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-03-03, 1391/12/13

Registrant information

Name

Fariba Ghodsbin Jahromi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1647 4250

Email address

ghodsbin@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2011-05-24, 1390/03/03

Expected recruitment end date

2011-08-25, 1390/06/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of self care education on quality of life of MS patient

Public title

Effect of self care education on quality of life of MS patient

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Presence of multiple sclerosis; ability to read and write Exclusion criteria: Presence of other diseases such as mental disorde; rcognitive disorde;raddiction; or other neurology

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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

Medical Research Ethics Committee of Shiraz University of Medical Sciences

Street address

Shiraz

City

Shiraz

Postal code

Approval date

2010-11-11, 1389/08/20

Ethics committee reference number

07116474250

Health conditions studied

1

Description of health condition studied

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple Sclerosis

Primary outcomes

1

Description

Quality of life

Timepoint

Immediately after the intervention

Method of measurement

using of qol questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The self care education to Intervention group for 10 weeks.

Category

Lifestyle

2

Description

control group no intervention

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

MS Instito

Full name of responsible person

Fariba Ghodsbin

Street address

Square Namazi, Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputyof Shiraz University of Medical Sciense

Full name of responsible person

Dr Gholam Reza Hattam

Street address

Square Namazi, Shiraz

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Deputyof Shiraz University of Medical Sciense

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

Shiraz University Medicine Sciences.

Full name of responsible person

Fariba Ghodsbin

Position

Masters Field
Other areas of specialty/work
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Person responsible for updating data

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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