

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Sep 2026

### The effect of using collaborative care model on lifestyle of multiple sclerosis patients (MS)

#### Protocol summary

##### Summary

The present study investigates the effect of collaborative care model on lifestyle of multiple sclerosis patients. The 80 patients chosen for inclusion criteria: age between 20 and 55 years, confirmed multiple sclerosis disease by a neurologist and expanded disability status score between 2 to 3. Exclusion criteria included: an expanded disability status score at least 1 point increase with the progression of the disease and pregnancy. After selecting samples, patients were randomly divided into case and control groups. Baseline demographic and lifestyle questionnaires completed and then steps of collaborative care model that included: motivation, preparation, involvement and evaluation engaged in case group for 3 months. At the end of the study, lifestyle scores 1 month after the intervention compared to pre-intervention data in case and control groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013012312248N1**

Registration date: **2013-05-31, 1392/03/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-05-31, 1392/03/10

##### Registrant information

###### Name

Meysam Chahkhoei Mehdiabad

###### Name of organization / entity

Bam University of Medical Science.

###### Country

Iran (Islamic Republic of)

##### Phone

+98 34 4221 7360

##### Email address

chahkhoei.m@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Ahvaz Jundishapur University of Medical Science

##### Expected recruitment start date

2012-08-22, 1391/06/01

##### Expected recruitment end date

2012-09-22, 1391/07/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of using collaborative care model on lifestyle of multiple sclerosis patients (MS)

##### Public title

The effect of collaborative care model on lifestyle of multiple sclerosis patients

##### Purpose

Other

##### Inclusion/Exclusion criteria

Inclusion criteria: diagnosis of multiple sclerosis by a neurologist ; Expanded Disability Status Scale between 2 and 3. Exclusion criteria included: pregnancy ; relapse or disease progression in a way that will cause increase expanded disability status scale at least 1 score.

##### Age

From **20 years** old to **55 years** old

##### 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**  
Factorial

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**  
Ahvaz Jundishapur University of Medical Science

**Street address**  
Ahvaz Jundishapur University of Medical Science,  
Golestan Road, Ahvaz, Khuzestan, Iran.

**City**  
Ahvaz

**Postal code**

**Approval date**  
2013-01-07, 1391/10/18

**Ethics committee reference number**  
ETH-666

## Health conditions studied

### 1

**Description of health condition studied**  
MULTIPLE SCLEROSIS

**ICD-10 code**  
G37.3

**ICD-10 code description**  
Acute transverse myelitis in demyelinating disease of  
central nervous system

## Primary outcomes

### 1

**Description**  
Lifestyle

**Timepoint**  
After gathering data in the pre-test stage and post test  
was carried out 1 months after the intervention

**Method of measurement**  
Lifestyle questionnaire for MS patients

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**  
In intervention group, education based on steps of  
collaborative care model including: Motivation, Readyng,  
Involvement and Evaluation, will implemented for three  
months.

**Category**  
Lifestyle

### 2

**Description**  
The control group wont receive intervention

**Category**  
Lifestyle

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**  
Khuzestan MS Society

**Full name of responsible person**  
Dr. Nastaran Majdinasab

**Street address**  
Khuzestan MS Society, Faculty of Rehabilitation,  
Jundishapur University of Medical Science, Golestan  
Road, Ahwaz, Khuzestan, Iran.

**City**  
Ahvaz

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**  
Ahvaz Jundishapur University of Medical Science

**Full name of responsible person**  
Abdolali Shariati

**Street address**  
Facualty of Nursing and Midwifery, Jondishapour  
University of Medical Science, Golestan Road, Ahvaz,  
Khuzestan, Iran.

**City**  
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**Grant name**

**Grant code / Reference number**

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

**Title of funding source**  
Ahvaz Jundishapur University of Medical Science

**Proportion provided by this source**

**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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**Full name of responsible person**

Abdolali Shariati

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Master Science in Nursing

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Mchahkhoei@yahoo.com**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

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**Full name of responsible person**

Meysam Chahkhoei Mehdiabad

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**Email**Chahkhoei.m@ajums.ac.ir,  
Mchahkhoei@yahoo.com, Halopridol2@yahoo.com**Web page 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*