Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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 Chahkhoie Mehdiabad

Name of organization / entity

Bam University of Medical Science.

Country

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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, Readying, 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.

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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

Ahvaz

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

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

Ahvaz Univarsity of Medical Science

Full name of responsible person

Abdolali Shariati

Position

Senior Lecturer in Nursing, Faculty of Nursing and Midwifery

Other areas of specialty/work

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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