

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Sep 2026

The effect of e-learning to adolescents on diet adherence in type 2 diabetic parents

Protocol summary

Summary

The purpose of this study is evaluation of the effectiveness of e-learning for adolescents on diet adherence in type 2 diabetic parents. This study is a quasi-experimental research that conducts in two groups (intervention and control). The target population is parents with type 2 diabetic that referred to Tabarestan Diabetes Center in Sari. Inclusion criteria for parents included a minimum of literacy; Type 2 diabetes have been diagnosed definitively by a physician at least 6 months before; Having at least 1 adolescent in range of age from 15 to 19 years. Exclusion criteria included unwilling to continue work with the researcher; Stay in the hospital for any reason during the study; Lack of access to computers or playback devices. 80 people of them will be allocated to intervention and control group using randomized sampling. Intervention is education based on e-learning on software framework that will be presented to children in the intervention group, and then children teach to their parent. Control group will receive only routine training of center. Data will be collected using self-reported questionnaire before and two month after education. We investigate nutritional change in diet in subjects.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013092512382N3**

Registration date: **2013-11-30, 1392/09/09**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-11-30, 1392/09/09

Registrant information

Name

Zahra Rahnavard

Name of organization / entity

Tehran University of Medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6105 4206

Email address

zrahnavard@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences, Nursing school

Expected recruitment start date

2013-10-23, 1392/08/01

Expected recruitment end date

2014-01-21, 1392/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of e-learning to adolescents on diet adherence in type 2 diabetic parents

Public title

the effect of education to adolescents on diet adherence in diabetic parents

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria for patients with type 2 diabetes: Having at least literate; Type 2 diabetes have been diagnosed definitively by a physician at least 6 months before; To be treated with oral hypoglycemic agents or

insulin; Having at least 1 adolescent in age from 15 to 19 years; They did not have Serious illnesses such as liver and kidney failure; Have the desire and ability to participate. Inclusion criteria for adolescents: adolescents must be between 15 to 19 years; Have the desire to participate in the study; Having at least literate; Access to a computer; Know how to use a computer or access to someone who can help him in using the computer. Exclusion criteria for patients with type 2 diabetes: Unwilling to continue work with the researcher; Stay in the hospital for any reason during the study; Catching diabetes complications such as kidney failure, blindness, diabetic keto acidosis; Catching the incurable diseases such as cancer. Exclusion criteria for adolescents: Unwilling to continue working; Lack of access to computers or playback devices; adolescents do not Know how to use a computer or have not access to someone who can help him in using the computer.

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**

Tehran University of Medical Sciences

Street address

Nursing faculty, Nosrat St, Tohid Sq, Tehran

City

Tehran

Postal code**Approval date**

2013-08-04, 1392/05/13

Ethics committee reference number

130/902/92/1,

Health conditions studied**1****Description of health condition studied**

Diabetes mellitus

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes**1****Description**

adherence to diabetic diet

Timepoint

Preintervention and 2 month later

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

2 months behavior

Timepoint

Preintervention and 2 month later

Method of measurement

Questionnaire

Intervention groups**1****Description**

Intervention group: Intervention is education based on e-learning on software framework that will be presented to children in the intervention group, and then children teach to their parent

Category

Prevention

2**Description**

Control group: Control group will receive only routine training of center.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Tabarestan Diabetes Center

Full name of responsible person

Dr. Shahin rasouli

Street address

Diabetes Institute Tabarestan, Abolfazl Clinic, Teacher street

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences, Nursing school

Full name of responsible person

Dr. Ziba Taghizadeh

Street address

Nursing school, East Nosrat st, Tohid sq, Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Sciences, Nursing school

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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences, Nursing School

Full name of responsible person

Zahra Rahnavaard

Position

PHD

Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person

Zahra Rahnavaard

Position

Associate Professor

Other areas of specialty/work

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00

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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