

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

The Effect Of Empowerment Program On Blood Pressure Of Patient With Type Two Diabetes.

Protocol summary

Summary

This study was a randomized clinical trial which were performed on 134 patients with type 2 diabetes . They were assigned randomly into two groups of 67 in intervention and control.The Goal Of This Study Was The effects of empowerment program on blood pressure of paitent with type two diabetes .the blood pressure of both groups was measured at the beginning and every month ,for three times . Empowerment was conducted according to regulatory protocols in six sessions of 90 minutes in interventional group. Inclusion Criteria : who has type 2 diabetes; six month pass of diabetes; who hasnot any acute problem ; who can read and write;use of oral drug for diabetes;randomized blood Glucose >200mg/dl. Exclusion Criteria :Who Has Acute Problem;Who Has Mental Disease.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013080312493N2**
Registration date: **2014-05-04, 1393/02/14**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-05-04, 1393/02/14

Registrant information

Name

Zahra Shahbodaghi

Name of organization / entity

Kerman Uneversity of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

shabodaghi@gmail.com

Recruitment status

Recruitment complete

Funding source

Diabet Center in Sirjan, EmamReza Hospital.kerman
Medical University Siences

Expected recruitment start date

2010-10-23, 1389/08/01

Expected recruitment end date

2010-12-22, 1389/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Empowerment Program On Blood Pressure
Of Patient With Type Two Diabetes.

Public title

The Effect Of Empowerment Program On Blood Pressure
Of Patient With Type Two Diabetes.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: who has type 2 diabetes : six month
pass of diabetes: who hasnot any acute problem : who
can read and write:use of oral drug for
diabetes:randomized blood Glucose >200mg/dl.
Exclusion Criteria :Who Has Acute Problem:Who Has
Mental Disease.

Age

From **35 years** old to **47 years** old

Gender

Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 134

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
Kerman University Of Medical Sciences

Street address
Kerman, Razi University Of Nursing , Alavi Garden Seven.

City
Sirjan

Postal code
7816734

Approval date
2011-01-12, 1389/10/22

Ethics committee reference number
89/149/5

Health conditions studied

1

Description of health condition studied
Diabetes

ICD-10 code
E11

ICD-10 code description
Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description
Blood Pressure

Timepoint
the blood pressure of both groups was measured at the beginning and every month ,for three times

Method of measurement

With Sphygmomanometer IN Supin Position of Left Hand

Secondary outcomes

empty

Intervention groups

1

Description

ointervention : Empowerment is conducted according to regulatory protocols in six sessions of 90 minutes in intervention group. the base method is dissolving problem. the Blood Pressure of these Group was measured At The Beggning And Every Month For Three Times.there are complex of men and women in This group.

Category
Other

2

Description

Control:For Control group. the blood pressure of Them measured at the beginning and every month ,for three times.Rutine Care Perfume For Them The Same As Pass

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Sirjan .diabetes center in Emam Reza hospital

Full name of responsible person
Mitra Nosrat Abadi

Street address
Sirjan .Ebn Sina Street .Diabetes Center

City
Sirjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kerman University Of Medical Sciences .Diabetes Center IN Emam Reza Hospital

Full name of responsible person
Mitra, Nosrat Abadi

Street address
Sirjan , Diabetes Center, EbnSina Street

City
Sirjan

Grant name

از مرکز دیابت شهرستان سیرجان

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Kerman University Of Medical Sciences .Diabetes Center
IN Emam Reza Hospital

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**

Kerman Medical University.Emam Reza Hospital

Full name of responsible person

Zahra, SHahbodaghi

Position

Kerman Medical University

Other areas of specialty/work**Street address**

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Tehran University Of Medical Sciences

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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