

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Study effect of the peer support on self efficacy level in type II diabetic patients

Protocol summary

Summary

Objectives: This research intends to evaluate the effect of peer support on self efficacy level in type II diabetics. Peer support can link people sharing experiences to provide the practical, emotional, and ongoing support to control patients' sustained behavior changes. **Design:** This study is a randomized clinical trial with pretest - posttest and control group. **Methods:** A convenient sample of 80 patients with diabetes are selected from the diabetes clinic Shahid Choobkar in Chamran Hospital, A branch of Lorestan University of Medical Sciences. These people who have the required conditions to participate in the study, The group was divided randomly into two equal groups of 40 persons (experimental and control). The major eligibility criteria: They include the age (above 30), a primary literacy, the lack of physical limitations for self-care. with a medical profile in the diabetes clinic, having a history of diabetes type 2 at least for one year, having sufficient time to participate in the group sessions. The major outcome criteria: The Lack of mental health and physical health relating to the age that may hinder the learning, such as memory problems, Alzheimer's, etc. The use of the medicines that affect the consciousness and learning levels. The affection to other known chronic diseases such as kidney, autoimmunization diseases etc. Based on the patients' own statements, medical and paramedical educations, the intention of immigration during the study and the background of similar study participation. **Interventions:** After preparing peers, the participants in the intervention group in the selected center was supported by their peers in face to face meetings for 3 following months (10 sessions of 2 hours) whit Instructional content is defined in relation to the identification diabetes, types of diabetes, risk factors, complications, treatment and control, the role of diet, exercise, Self-monitoring of blood glucose and medications to control diabetes by group discussions, asking and answering sessions and sharing their personal experiences and success on the

diabetes disease control. In the end of the period, the pedagogical pamphlets Was presented to the group, whereas the control group received only routine care(such as the periodical doctor visits and pedagogical classes...). The main outcome: Self efficacy level in both intervention and control groups was measured before and three months after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013080712974N2**

Registration date: **2014-08-26, 1393/06/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-08-26, 1393/06/04

Registrant information

Name

Kobra Rashidi

Name of organization / entity

Lorestan University of Medical Sciences (School of Nursing Boroujerd

Country

Iran (Islamic Republic of)

Phone

+98 66 2446 7452

Email address

krashidi2010@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research, Tehran Islamic Azad University of Medical Sciences

Expected recruitment start date

2013-06-22, 1392/04/01

Expected recruitment end date

2013-07-21, 1392/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study effect of the peer support on self efficacy level in type II diabetic patients

Public title

The effect peer support in the diabetes control Public title : The effect peer support in the diabetes control

Purpose

Supportive

Inclusion/Exclusion criteria

The major eligibility criteria: They include the age (above 30); a primary literacy; the lack of physical limitations for self-care. With a medical profile in the diabetes clinic; having a history of diabetes type 2 at least for one year; having sufficient time to participate in the group sessions. The major outcome criteria: The Lack of mental health and physical health relating to the age that may hinder the learning; such as memory problems; Alzheimer's; etc. The use of the medicines that affect the consciousness and learning levels. The affection to other known chronic diseases such as kidney; autoimmunization diseases; etc. Based on the patients' own statements; medical and paramedical educations; the intention of immigration during the study and the background of similar study participation.

AgeFrom **30 days** old to **75 years** old**Gender**

Both

Phase

2-3

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**

Ethics Tehran Islamic Azad University of Medical Sciences

Street address

Khaghani Street, Shariati Street, Tehran Islamic Azad University of Medical Sciences, Tehran

City

Tehran

Postal code

193951495

Approval date

2013-01-22, 1391/11/03

Ethics committee reference number

91/2337

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

Diabetes

ICD-10 code

E10,E11,E1

ICD-10 code description

Diabetes mellitus

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

Self efficacy level

Timepoint

Before the intervention, three months after the intervention

Method of measurement

DMSES questionnaire

Secondary outcomes

empty

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

After preparing peers, the participants in the intervention group in the selected center were supported by their peers in face to face meetings for 3 following months (10 sessions of 2 hours) whit instructional content is defined in relation to the identification diabetes, types of diabetes, risk factors, complications, treatment and control, the role of diet, exercise, Self-monitoring of blood glucose and medications to control diabetes by group discussions, asking and answering sessions and sharing their personal experiences and success on the

diabetes disease control. In the end of the period, the pedagogical pamphlets Was presented to the group.

Category

Other

2

Description

The control group received only routine care (such as the periodical doctor visits and pedagogical classes).

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic Shahid Choobkar in Chamran Hospital, Lorestan University of Medical Sciences

Full name of responsible person

Soleimani Fateme

Street address

Iran

City

Boroujerd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research, Tehran Islamic Azad University of Medical Sciences

Full name of responsible person

Hejazy Zohre

Street address

Khaghani Street, Shariati Street, Tehran Islamic Azad University of Medical Sciences, Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for research, Tehran Islamic Azad University of Medical Sciences

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

Lorestan University of Medical Sciences (School of Nursing Boroujerd)

Full name of responsible person

Rashidi Kobra

Position

Master of Nursing - Lecturer

Other areas of specialty/work

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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