

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

Effect of Self Management Empowerment Model on sense of coherence and Self Efficacy Of Retired Elderly with chronic disease

Protocol summary

2016-04-20, 1395/02/01

Summary

The main purpose of this study is to determine the effects of Self-Management Empowerment Model in sense of coherence and self efficacy among retired elderly with chronic disease. the design of study will be clinical trial and the population of this study will be elderly, The main Inclusion criteria is age 60 years and older ,having at least one chronic condition treated during the past year and membership in the retirement center. Exclusion criteria included elderly patients' reluctance to participate in research. The sampling method will be convenient, then samples will be random allocated to 30 case and control groups. After performing pre-test in both groups, in the experimental group, intervention in 5 steps based on the Self-Management Empowerment model will be performance at two section with give a booklet and training manual contains guidelines to promote a sense of coherence and self efficacy to elderly with chronic disease. The control group no intervention and will be observe. During 2 months after the first stage the situation elderly will be assesse by resercher, and after 2 months, the post-test will be performe in both intervention and control groups. It seems that the results of this study may lead to a sense of coherence and self-efficacy of retired elderly with chronic disease.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015090513092N9**

Registration date: **2016-04-20, 1395/02/01**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

Registrant information

Name

Maryam Ravanipour

Name of organization / entity

Bushehr University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 77 1455 0187

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Bushehr University Of Medical Sciences

Expected recruitment start date

2016-04-16, 1395/01/28

Expected recruitment end date

2016-05-01, 1395/02/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Self Management Empowerment Model on sense of coherence and Self Efficacy Of Retired Elderly with chronic disease

Public title

Effect of Self Management Empowerment Model on sense of coherence and Self Efficacy Of Retired Elderly with chronic disease

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age 60 years and older; the patient's ability to understand; speak and educable; having at least one chronic condition treated during the past year ;Join the retirement center; lack of mental illness ; not taking anti-anxiety drugs or psychotropic medication; residence in the city of Bushehr. exclusion criteria: patient's unwillingness in study; participate in other similar studies; moved to another city; on-intervention follow-up during the period of study; death .

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomizing with a Excel random number table

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Bushehr University of Medical Sciences

Street address

First Floor, Research Assistance, Pardis site, Bushehr University of Medical Sciences, next to the Salman Farsi hospital, Sabzabad,

City

Bushehr

Postal code

Approval date

2016-03-14, 1394/12/24

Ethics committee reference number

ir.bpums.rec.1394.134

Health conditions studied

1

Description of health condition studied

chronic disease

ICD-10 code

R00-R99,E0

ICD-10 code description

Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified. Endocrine, nutritional and metabolic diseases

Primary outcomes

1

Description

Achieve of a sense of coherence

Timepoint

Pre intervention, 2 months after intervention

Method of measurement

Antonovsky Sense of Coherence questionnaire, 1987

Secondary outcomes

1

Description

achieve to self efficacy

Timepoint

Pre intervention, 2 months after intervention

Method of measurement

Sherer Self-Efficacy Questionnaire

Intervention groups

1

Description

In the intervention group, the elderly empowerment strategies in the area of sense of coherence and self efficacy , according to Self-Management Empowerment Model will be done in 5 steps. Such that the strategies depends on the patient's condition were taught to the patient, at least of two 45-minute sessions, then training manual will be provided to patient.

Category

Lifestyle

2

Description

Without the intervention and usual care continued

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers in Bushehr city

Full name of responsible person

azam huorzad

Street address**City**

Bushehr

Postal code**Phone**

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Fax**Email**

a.huorzad@gmail.com

Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**vice chancellor for research Bushehr University Of
Medical Sciences**Full name of responsible person**

Dr Afshin Ostovar

Street addressFirst Floor, Research Assistance, Pardis site, Bushehr
University of Medical Sciences, next to the Salman
Farsi hospital, Sabzabad**City**

Bushehr

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding sourcevice chancellor for research Bushehr 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**Deputy for Research -Bushehr University of Medical
Sciences**Full name of responsible person**

azam huorzad

PositionMSc student of nursing, Student Research Committee,
Bushehr University of Medical Sciences**Other areas of specialty/work****Street address**School of Nursing and Midwifery, Pardis site, Bushehr
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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