Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

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

Protocol summary

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

2016-04-20, 1395/02/01

Registrant information

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Bushehr University of Medical Sciences
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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,Reasearch 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

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
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City
Bushehr
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 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
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Full name of responsible person
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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