

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

The Effect of Training Interventions on the Psychological Factors of Self-Medication in Elderly

Protocol summary

Summary

The present study was a clinical trial aiming to determine the effect of a training intervention on self-medication among the elderly referring to the health centers of Khorramabad, Iran. The inclusion criteria were being older than 60, residing in Khorramabad, being mentally healthy, and not being an invalid. The exclusion criteria included having neurological defects, being an invalid, death, immigration, being unwilling or uninterested in participating in the training sessions. The studied population included 132 individuals (66 individuals in the intervention group and 66 individuals in the control group) older than 60, who underwent the training intervention based on the health belief model in 2015. Their performance regarding self-medication was assessed as the outcome of the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013091814512N2**
Registration date: **2017-02-02, 1395/11/14**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-02-02, 1395/11/14

Registrant information

Name

Naser SHarafkhani

Name of organization / entity

Arak University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3368 4615

Email address

n.sharafkhani@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Lorestan University of Medical Sciences

Expected recruitment start date

2015-01-08, 1393/10/18

Expected recruitment end date

2015-04-19, 1394/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Training Interventions on the Psychological Factors of Self-Medication in Elderly

Public title

The Effect of Training Interventions on the Self-Medication

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Being 60 or older; Residing in Khorramabad; Being psychologically healthy; Not being an invalid. Exclusion criteria: Included suffering from neurologic defects; Being an invalid; Dying during the study period; Emigrating from the city; and not being willing and interested in participating in the training sessions.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 132

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

Lorestan University of Medical Sciences

Street address

Lorestan University of Medical Sciences, Anooshirvan
Rezaei Square, Khorramabad, Lorestan, Iran.

City

Khorramabad

Postal code

Approval date

2014-09-03, 1393/06/12

Ethics committee reference number

2040

Health conditions studied

1

Description of health condition studied

Drug Use

ICD-10 code

Z72.2

ICD-10 code description

Drug use

Primary outcomes

1

Description

Adopt behaviors to prevent self-medication

Timepoint

Before and three months after intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Complications associated with self-medication

Timepoint

1 year after training

Method of measurement

Check list

Intervention groups

1

Description

Intervention Group : The intervention was carried out in the intervention group based on the health belief model and included 6 training sessions, each session lasting 45 minutes. The training methods included lectures, question and answer sessions, and group discussions. To help the comprehension of the materials by the elderly, to prevent misunderstandings regarding the presented materials, and to engage the sense of sight in the elderly due to the importance of this sense in the learning process, in addition to lectures, other instruments and teaching aids, including Powerpoint presentations, posters, educational leaflets and pamphlets, and whiteboards were used.

Category

Prevention

2

Description

control Group : Just providing routine Education .

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center in the city of Khorramabad

Full name of responsible person

Fatemeh Bastami

Street address

City

Khorramabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Lorestan University of Medical Sciences

Full name of responsible person

Mojtaba Khaksaryan

Street address

Lorestan University of Medical Sciences, Complex
University Campus, Deputy Minister for Research and
Technology, Khorramabad, Lorestan

City

Khorramabad

Grant name**Grant code / Reference number****Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Lorestan 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

Full name of responsible person

Katayoun Bakhteyar

Position

Instructor

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

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Isfahan University Of Medical Sciences

Full name of responsible person

Fatemeh Bastami

Position

PhD. Condidate

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Isfahan University of Medical Sciences

Full name of responsible person

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Position

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Health Promotion, School of Public Health, Isfahan
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