

# 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**

teacher Street, Anushiravan Rezai SQ, University of  
Medical Sciences

**City**

khorrabad

**Postal code****Phone**

+98 66 3330 0661

**Fax****Email**

k\_bakhteyar@yahoo.com

**Web page address****Person responsible for scientific  
inquiries****Contact****Name of organization / entity**

Isfahan University Of Medical Sciences

**Full name of responsible person**

Fatemeh Bastami

**Position**

PhD. Condidate

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

Hezar- jeribs St, Department of Health Education and  
Health Promotion, School of Public Health, Isfahan  
University of Medical Sciences.

**City**

Isfahan

**Postal code****Phone**

+98 31 3668 0048

**Fax****Email**

fatemeh2011bastami@gmail.com

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

Isfahan University of Medical Sciences

**Full name of responsible person**

Naser Sharafkhani

**Position**

PhD. condidate

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

Hezar- jeribs St, Department of Health Education and  
Health Promotion, School of Public Health, Isfahan  
University of Medical Sciences.

**City**

Isfahan

**Postal code****Phone**

+98 31 3668 0048

**Fax****Email**

n.sharafkhani@arakmu.ac.ir

**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*