

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The effect of tele-education by telephone and short message service on Laboratory parameters in type 2 diabetic patients who refer to Urmia Diabetes Association in 2011

Protocol summary

Summary

Aim: The purpose of this experimental study was to determine the effect of tele-education by telephone and short message service on laboratory parameters in type 2 diabetic patients who refer to Urmia Diabetes Association. **Method:** In this research 66 type 2 diabetic patients were selected by convenience sampling and then were divided into two groups randomly; control group (n=33) and intervention group (n=33). **Inclusion criteria:** being able to read and write, age (18-55 years old), being satisfied to participate in the study (intervention or control group), diabetes of these patients has been confirmed by specialist and having mobile phone. **Exclusion criteria:** Patients with secondary problems such as a history of mental illness, high blood pressure and chronic renal disease, heart disease, and illiterate. Before and after the study, Information about individual characteristics was collected by questionnaire and blood sample was drawn for fasting blood sugar, cholesterol, Triglyceride, Glycosylated Hemoglobin and fasting Insulin in both groups. The control group was received Diabetes Association routine education and the intervention group was received education and follow up by telephone and short message service for 3 months. The control group was received educational package after the study as well.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013111215390N1**

Registration date: **2014-01-24, 1392/11/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-01-24, 1392/11/04

Registrant information

Name

Naser Parizad

Name of organization / entity

Urmia University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Urmia University of Medical Sciences.

Expected recruitment start date

2011-08-23, 1390/06/01

Expected recruitment end date

2011-09-21, 1390/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of tele-education by telephone and short message service on Laboratory parameters in type 2 diabetic patients who refer to Urmia Diabetes Association in 2011

Public title

The effect of tele-education on Laboratory parameters of patients with type 2 diabetes

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Being able to read and write, age (18-55 years old), being satisfied to participate in the study, diabetes of these patients has been confirmed by specialist and having mobile phone. Exclusion criteria: Patients with secondary problems such as a history of mental illness, high blood pressure and chronic renal disease, heart disease, and illiterate

Age

From 18 years old to 55 years old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 66

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

For sampling, initially a sampling frame of patients who met inclusion criteria have been provided, then by using random number table 66 patients were selected randomly among them. Then the patients allocated in two intervention and control groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Urmia University of Medical Sciences

Street address

Jahad Ave., Resalat Blvd., Urmia, Iran

City

Urmia

Postal code

5714783734

Approval date

2013-12-03, 1392/09/12

Ethics committee reference number

umsu.rec.1392.167

Health conditions studied

1

Description of health condition studied

Non-insulin-dependent diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Fasting Blood Sugar

Timepoint

Before the intervention and three months after the intervention

Method of measurement

By Enzymatic method (mg/dl)

2

Description

Cholesterol

Timepoint

Before the intervention and three months after the intervention

Method of measurement

By Enzymatic method (mg/dl)

3

Description

The glycosylated hemoglobin

Timepoint

Before the intervention, and three months after intervention

Method of measurement

By Calories metric method (mg/dl)

4

Description

Insulin serum

Timepoint

Before the intervention, and three months after the intervention

Method of measurement

By Elisa Method (ng/mL)

Secondary outcomes

empty

Intervention groups

1

Description

Education by Telephone intervention was carried out for three months. In this case, telephone calls for follow up and education were established by the researcher for every participant twice a week. The time for Telephone calls was determined between 8 Am to 10 Pm with the agreement of the patients. The average call duration was considered about 20 minutes. The content of telephone conversations, including the assessment of glycemic control status in the field of diet, exercise, blood glucose self-monitoring and medication. And if there is a failure of glycemic control, the situation analyzed with participants' help to find the problem, eventually providing suggested solution to the patient for solving the problem and answering patient questions. In education by mobile phone (SMS) messages regarding the self-care education (diet, exercise, self-monitoring of blood glucose, foot care and medication) was sent. Every day, a message was sent to participants, so that in three months, 90 text messages were sent.

Category

Lifestyle

2

Description

No intervention carried out in control group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Urmia Diabetes Association

Full name of responsible person

Dr.Hamid Asgharzadeh

Street address

No. 269, Nobovvat bridge, Shahar Chai, Urmia

City

Urmia

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Urmia University of Medical Sciences

Full name of responsible person

Dr.Morteza Motazaker

Street address

Jahad Ave., Resalat Blvd., Urmia, Iran

City

Urmia

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, Urmia 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

Nursing and Midwifery faculty

Full name of responsible person

Naser Parizad

Position

Instructor/MScN

Other areas of specialty/work

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Person responsible for scientific inquiries

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Assistant Professor/Ph.D

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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