

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of educational intervention on perceptions, self-care and quality of life in patients with diabetes

Protocol summary

Summary

The purpose of this study is the effect of education intervention on knowledge, attitudes, self-care and quality of life in diabetes. This study is an interventional study. Participants will be selected from Diabetic patients. The main inclusion criteria patients with diabetes, lack of formal education about nutrition, exercise and self-care and consent to participate in the study and exclusion criteria include refusal for participation in the study, migration from the county of Chalderan and The died person time interval of the study. The sample size was obtained 37 persons for each group. After selecting the intervention and control groups, the data will be collected in two stages: The first phase of data collection will be before the intervention and the second stage 3 months after the intervention. Data will be collected using a questionnaire. In the stage before the intervention, the per-test will be done in both intervention and control groups ,and after analyzing the data, resources, limitation, needs, and strengths and weaknesses in different fields are identified , then type of content, teaching methods, time and the number of training sessions are designed tailored to the needs and desires. Outcomes of the study are knowledge, attitudes, self-care and quality of life in diabetic patients, before and after training.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015021015422N3**

Registration date: **2015-03-14, 1393/12/23**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-03-14, 1393/12/23

Registrant information

Name

Towhid Babazadeh

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2015-04-21, 1394/02/01

Expected recruitment end date

2015-09-20, 1394/06/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention on perceptions, self-care and quality of life in patients with diabetes

Public title

The effect of education on perceptions, self-care and quality of life in patients with diabetes

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Patients with diabetes; lack of formal education about nutrition, exercise and self-care;

consent to participate in the study Exclusion criteria:
Refusal for participation in the study; Migration from
Chalderan county; The died person time interval of the
study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **74**

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**

Tabriz University of Medical Sciences

Street address

Ethics Committee, Third Floor, Central Building 2,
Tabriz University of Medical Science, Golgasht, Tabriz

City

Tabriz

Postal code**Approval date**

2015-02-23, 1393/12/04

Ethics committee reference number

93183

Health conditions studied**1****Description of health condition studied**

Diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes**1****Description**

behavior

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

Knowledge

Timepoint

Before the intervention and 3 months after interventio

Method of measurement

Questionnaire

2**Description**

Attitude

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

3**Description**

Self- care

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

4**Description**

Quality of Life

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Questionnaire

Intervention groups**1****Description**

The Intervention group: In this study the intervention will
be holding the training sessions. The intervention would
be based on information obtained from the
questionnaire.

Category

Behavior

2

Description

The control group: Training in control groups is not but after the end of data collection in the end of study, educational pamphlets will be given to the control group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Chaldran Health Network

Full name of responsible person

Towhid Babazadeh

Street address

Chaldran Health Network, County Chaldoran, West Azerbaijan province

City

Chaldran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Mohammad-Reza Rashidi

Street address

Deputy for Research and Technology, Third Floor, Central Building 2, Tabriz University of Medical Sciences, Golgasht, Tabriz

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

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Position

PhD student

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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