

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Comparison the effect of conventional and distance training of problem solving on self care and Hg A1C in patients with type 2 diabetes

Protocol summary

Summary

Diabetes is a chronic illness which needs specific self care behaviors to the end of life. About improvement of metabolic status for which self care education specially with active method (active involvement of diabetic patients) is necessary. Due to the importance of self care, this study aimed to the effective comparison of conventional by problem solving method with and distance training on self care and Hg A1C rate in patients with type 2 diabetes will be done. This interventional quasi-experimental study was performed by choosing 90 diabetic patients randomly divided into three experimental and control groups. Educational programs designed for patients in the intervention group included six sessions. Three months after the educational intervention, the results were evaluated. The second group received indirect education. CDs and pamphlets were provided for them. The control group did not receive intervention. This experimental study was carried out on patients with type 2 diabetes that ages between 30-70 years old and having willingness to participate in the study in Exclusion criteria registered to the Gonabad Diabetes Association. Ninety patients were selected and randomly allocated into three intervention and control groups. Data were gathered using the Summary of Diabetes Self- Care Activities questionnaire and getting a blood test for glycosylated hemoglobin from patients. Data were analyzed using the Chi-squared test, paired t-test and independent t-test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014040817183N1**

Registration date: **2014-09-06, 1393/06/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-09-06, 1393/06/15

Registrant information

Name

Ezat Razizadeh shahry

Name of organization / entity

Gonabad Univesity of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Gonabad Univesity of Medical Sciences

Expected recruitment start date

2014-01-05, 1392/10/15

Expected recruitment end date

2014-04-04, 1393/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of conventional and distance training of problem solving on self care and Hg A1C in patients with type 2 diabetes

Public title

The impact of education on diabetes treatment

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1- patients with type 2 diabetes; 2- at least having the level of primary education; 3- having no acute complications and able to response to questionnaire; 4- having no psychological disease; 5- having willingness to participate in the study; 6- ages between 30-70 years old; Exclusion criteria: 1- no willingness to continue the study, 2- researcher found the exchange of educated information between two intervention and control groups, 3- change in activity, dietary habits and medications, 4- having diabetes complications can be prevented investigation.

Age

From **30 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

University of Medical Sciences and Health Services
GONABAD

Street address

Gonabad-Asian Road Border

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Postal code

9691793718

Approval date

2014-01-01, 1392/10/11

Ethics committee reference number

GMU.REC.1392.25

Health conditions studied

1

Description of health condition studied

diabet

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

self care

Timepoint

Before and 3 months after intervention

Method of measurement

problem solving method from doctor Saif

2

Description

HA1C

Timepoint

Before and 3 months after intervention

Method of measurement

blood test

Secondary outcomes

empty

Intervention groups

1

Description

The second group received indirect education. CDs and pamphlets were provided for them. Data were gathered using the Summary of Diabetes Self- Care Activities questionnaire and getting a blood test for glycosylated hemoglobin from patients.

Category

Lifestyle

2

Description

It is an educational group intervention. Problem solving training on self-care behaviors are performed within 6 sessions.

Category

Lifestyle

3

Description

The control group did not receive intervention. Data were gathered using the Summary of Diabetes Self- Care Activities questionnaire and getting a blood test for glycosylated hemoglobin from patients.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Gonabad Health Center

Full name of responsible person

Mrs Zohreh Ahrari

Street address

22 Bahman Hospital, Naser khosro Street

City

Gonabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research, Gonabad Univesity of Medical Sciences

Full name of responsible person

Ali Ekrami

Street address

Next to Asian Road, Gonabad Univesity of Medical Sciences

City

Gonabad

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, Gonabad Univesity 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

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Full name of responsible person

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Person responsible for scientific inquiries

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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