

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Effect of self care education, with and without telephone follow up on the level of hope in hemodialysis patients.

Protocol summary

Summary

This study aimed to investigate the effect of self-care, with and without phone follow up on hope in hemodialysis patients. Inclusion criteria: 1)Patients age between 18 to 65 years 2)not having cognitive and psychological disorders 3)patients' Persian-speaking with at least primary education 4)reaching final stage of renal disease which is constantly under treatment of three times a week for three to four hours 5)having cell phone. Exclusion criteria: 1) having a history of serious or adverse experiences in the last six months; 2) being treated with antidepressant medications and hospitalization due to acute disease. This study included 75 hemodialysis patients who randomly assigned into three groups of self-care, self-care and phone follow-up and control. The control group received only routine care in hemodialysis unit. Self-care group received 5 instruction sessions before starting dialysis for 45 minutes to an hour. Self-care and phone follow-up group were followed-up by phone calls for 2 months in addition to receiving training and instruction booklets .Data collection included demographic information, checklists for examining the problems of hemodialysis patients, and the Miller's hope questionnaire .Blindness was done for all patients and researcher. Finally hope in these three groups were assessed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014042617440N1**

Registration date: **2014-10-17, 1393/07/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-10-17, 1393/07/25

Registrant information

Name

Farzad Poorgholami

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of shiraz University of Medical Sciences

Expected recruitment start date

2014-04-30, 1393/02/10

Expected recruitment end date

2014-05-31, 1393/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of self care education, with and without telephone follow up on the level of hope in hemodialysis patients.

Public title

Effect of self care education, with and without telephone follow up on the level of hope

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:Patients age between 18 to 65 years;

not having cognitive and psychological disorders; patients' Persian-speaking with at least primary education; reaching final stage of renal disease which is constantly under treatment; passing at least 6 months of treatment with hemodialysis; treatment of three times a week for three to four hours; no renal transplantation and immigration during intervention ; no formal training in relation to dialysis; having cell phone. Exclusion criteria: having a history of serious or adverse experiences in the last six months; being treated with antidepressant medications and hospitalization due to acute disease; unwillingness to continue to participate in the study.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **75**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Medical Research Ethics Committee of Shiraz
University of Medical Sciences

Street address

Square Namazi, Shiraz

City

Shiraz

Postal code

07116474250

Approval date

2014-05-11, 1393/02/21

Ethics committee reference number

CT-9370-7040

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

level of hope

ICD-10 code

F43.2

ICD-10 code description

اختلالات سازگاری

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

level of hope

Timepoint

after telephone follow up

Method of measurement

milller hope questionner

Secondary outcomes

empty

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

Intervention group: self care education program was done for 5 sessions(each session 1 to 1.5) by the investigator before dialysis.Duration of 5 session was about 3 weeks.when the self care education program was end,all patients receive a hemodialysis guideline book.

Category

Lifestyle

2**Description**

Intervention group:For selfcare education program was done for 5 sessions(each session 1 to 1.5) by the investigator before dialysis.Duration of 5 session was about 3 weeks.when the self care education program was end,all patients receive a hemodialysis guideline book and they received up to 30-minute telephone-counseling sessions for 2 months.

Category

Lifestyle

3**Description**

received only routine care in hemodialyse unit

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Motahari hospital

Full name of responsible person

Parisa Mansoori

Street address

Fatemeh(PBUH) School of Nursing and Midwifery,
Shiraz University of Medical ScienceNamazi Square

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-Chancellor for Research, Shiraz University of
Medical Sciences

Full name of responsible person

Dr Gholam Reza Hattam

Street address

Square Namazi, Shiraz

City

Shiraz

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, Shiraz 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

Shiraz University Medicine Sciences.

Full name of responsible person

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Position

Masters Field

Other areas of specialty/work

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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