Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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

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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
miller 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
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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

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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