

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The effect of group discussion on the ability of self-management in patients with Type 2 diabetes

Protocol summary

Summary

Objective: Determine the effect of group discussion on self-management ability in patients with type 2 diabetes. Inclusion criteria: Diagnosis of type 2 diabetes after at least on year; aged between 30 to 70 years; absence of psychological illness. Exclusion criteria: Having serious physical or mental disease during the intervention; participating in similar training and research sessions during the study; more than two sessions of absence. The sample size in this study is 90 patients (45 in each group). Researcher will be provided for patients in the intervention group self-management training on the different topics. Time taken for each meeting is one hour. Distance between training sessions will be a week. Meanwhile the control group will be receiving routine interventions. Then the Lin self-management questionnaire will be evaluated before and three months after the intervention by both the control and intervention

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014051717509N2**
Registration date: **2016-12-26, 1395/10/06**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-26, 1395/10/06

Registrant information

Name

Akbar Sofyani

Name of organization / entity

Urmia University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 44 3625 3908

Email address

sofyani.a@umsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Urmia University of Medical Sciences

Expected recruitment start date

2013-03-21, 1392/01/01

Expected recruitment end date

2015-03-21, 1394/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of group discussion on the ability of self-management in patients with Type 2 diabetes

Public title

The impact of education on self-management of diabetic patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: At least one year after diagnosis of type 2 diabetes; aged between 30 to 70 years; absence of psychological illness Exclusion criteria: Having serious physical or mental disease during the intervention; participating in similar training and research sessions during the study; more than two sessions of absence

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)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Urmia University of Medical Sciences

Street address

Orjhans Street, Resalat Blvd

City

Urmia

Postal code**Approval date**

2013-03-21, 1392/01/01

Ethics committee reference number

1392.164

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

Diabetes mellitus

ICD-10 code

E12

ICD-10 code description

Malnutrition-related diabetes mellitus

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

self-management

Timepoint

before intervention, Three months after the intervention.

Method of measurement

Lin self-management questionnaire

Secondary outcomes

empty

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

Intervention group: Self-management education is given through group discussion. The number of sessions are eight session in one-hour session will be done in eight weeks.

Category

Other

2**Description**

Control group: Will be received routine educational program.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Madani Hospital of Khoy

Full name of responsible person

Nasrin Badrkhany

Street address

Vali Asr Square

City

Khoy

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for research, Urmia University of Medical Science

Full name of responsible person

Iraj Mohebbi

Street address

Urmia University of Medical Science

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 Science

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**

Faculty of Nursing and Midwifery Urmia University of
Medical Sciences

Full name of responsible person

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Position

MSN

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City**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