

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jun 2026

The effect of empowerment program on quality of life , self- efficacy and blood glucose in type 2 diabetic patient

Protocol summary

Summary

The effect of empowerment program on quality of life, self-efficacy and glycemic control in type 2 diabetic patient. The study is single blinded (for patient group). The study's population includes patients with type 2 diabetes that aged between 30-65 years; they have a history of diabetes for more than a year, they are educated and have the ability to attend meetings . Absence more than two sessions and complications during the study will be excluded. Considering the possibility to loss some participants, the sample size is estimated 100 people. They divide to control and Intervention groups. The intervention is implementation eight sessions of training empowerment in case group. The questionnaires are completed and HbA1C test is done once before intervention and once one month after intervention in both groups. Quality of life, self-efficacy and blood glucose in the patients will be assessed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014070818400N1**

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

Maryam Moein

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 3267 0762

Email address

mmoein@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Kashan University of Medical Sciences

Expected recruitment start date

2014-09-01, 1393/06/10

Expected recruitment end date

2014-10-12, 1393/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of empowerment program on quality of life , self- efficacy and blood glucose in type 2 diabetic patient

Public title

Empowering effect on diabetes

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Patients with type 2 diabetes who have been diagnosed by a physician, aged 30 to 65 years, history of diabetes for more than a year, having the physical and mental ability to participate in training sessions, having the ability to read and writing, a person's willingness to participate in the study. Exclusion criteria: absence of more than two training sessions ,acute and chronic complications Occur during the study.

Age

From **30 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

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**

Ethics committee of Kashan University of Medical Sciences

Street address

Kashan University of Medical Sciences, Parastar Street, Ravand, Kashan

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Kashan

Postal code

8715981151

Approval date

2014-06-25, 1393/04/04

Ethics committee reference number

9350

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

Diabetes Mellitus

ICD-10 code

E10,E11,E1

ICD-10 code description

Diabetes Mellitus

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

Quality of life

Timepoint

Once before intervention and once one month after it

Method of measurement

Questionnaire

2**Description**

Self efficacy

Timepoint

Once before intervention and once one month after it

Method of measurement

Questionnaire

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

blood glucose

Timepoint

Once before intervention and once one month after it

Method of measurement

Blood test

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

Intervention group: The diabetes empowerment held 8 sessions per month. Completing questionnaires and HbA1C test once before intervention and once one month after it.

Category

Lifestyle

2**Description**

Control group: HbA1C test and Completing questionnaires once before and once after control time, without empowerment sessions.

Category

N/A

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

Golabchi Center

Full name of responsible person

Maryam Moein

Street address

Diabetes unit, Golabchi Center, Emam Street, Kashan

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Esfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Kashan University of Medical Sciences

Full name of responsible person

Dr.Hamidi

Street address

Kashan University of Medical Sciences, Parastar Street, Ravand, Kashan

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Kashan

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 of Kashan 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**

Kashan University of Medical Sciences

Full name of responsible person

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Position

BS

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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