Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 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

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Maryam Moein
Name of organization / entity
Kashan University of Medical Sciences
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Iran (Islamic Republic of)
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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
City
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
Questionnair

2

Description
Self efficacy
Timepoint
Once before intervention and once one month after it
Method of measurement
Questionnair

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
City
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

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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