

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jul 2026

### The impact of self-management education on self-efficacy and general health status of patients with liver cirrhosis

#### Protocol summary

##### Summary

The impact of self-management teaching on self-efficacy and general health status of patient with liver cirrhosis, Inclusion criteria: patient having liver cirrhosis, being 18-65 years old, not suffering from chronic physical and mental illnesses according to information mentioned in patients case and statements patient and their families, literacy of patients, dwelling in Shiraz, exclusion criteria: patients deaths and sever illness; absences in training session, patients unwillingness to continue cooperation of them during research; happening any stressful events for patient and his/her family. Method: Randomized clinical trial with intervention and control group. Study group: 18-65 years old patients having liver cirrhosis refers to transplantation center of Namazi hospital in Shiraz. Sample: 80 patients (40 patients in experimental group and 40 patients in control group). Intervention: for experimental group 6 group training session consisting of 90 minutes was conducted immediately and one month after intervention The impact of self-management teaching on self-efficacy and health status of patients was measured. primary outcomes of this study is, self-efficacy and general health status.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014070918422N1**

Registration date: **2014-08-16, 1393/05/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-08-16, 1393/05/25

##### Registrant information

##### Name

Maryam Ghadami

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 1754 3116

##### Email address

ghadami@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice-Chancellor for Research and Technology of Shiraz University of Medical Sciences

##### Expected recruitment start date

2013-07-01, 1392/04/10

##### Expected recruitment end date

2013-09-01, 1392/06/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The impact of self-management education on self-efficacy and general health status of patients with liver cirrhosis

##### Public title

The impact of self-management education on self-efficacy and general health status of patients with liver cirrhosis

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: patient having liver cirrhosis, being 18-65 years old, not suffering from chronic physical and

mental illnesses according to information mentioned in patients case and statements patient and their families, literacy of patients ,dwelling in Shiraz, exclusion criteria: patients deaths and sever illness; absences in training classroom, patients unwillingness to continue cooperation of them during research; happening any stressful events for patient and his/her family.

#### **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: **80**

#### **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**

Ethics committee of Shiraz University of Medical Sciences

###### **Street address**

Seventh floor, Shiraz University of Medical Sciences and Health Services, Next to Red Crescent Organization, Zand blvd

###### **City**

Shiraz

###### **Postal code**

71345-1978

###### **Approval date**

2013-11-10, 1392/08/19

###### **Ethics committee reference number**

92-6765

### **Health conditions studied**

#### **1**

##### **Description of health condition studied**

liver cirrhosis

##### **ICD-10 code**

k74.6

##### **ICD-10 code description**

Other and unspecified cirrhosis of liver

### **Primary outcomes**

#### **1**

##### **Description**

selfefficacy

##### **Timepoint**

Before intervention, imediately and 1 month after intervention

##### **Method of measurement**

Questionnaire

#### **2**

##### **Description**

general health status

##### **Timepoint**

Before intervention, imediately and 1 month after intervention

##### **Method of measurement**

Questionnaire

### **Secondary outcomes**

empty

### **Intervention groups**

#### **1**

##### **Description**

self-management teaching for patients was conducted in the form of 6(90min) group sessions, consisting of lectures and question and answer and....immediately and One month after intervention, self-efficacy and general health status questionnaire were completed

##### **Category**

Rehabilitation

#### **2**

##### **Description**

routin care

##### **Category**

N/A

### **Recruitment centers**

#### **1**

##### **Recruitment center**

###### **Name of recruitment center**

Transplantation center of Namazi hospital

###### **Full name of responsible person**

Dr Malek Hosseini

###### **Street address**

Namazi square, Zand blv, Shiraz

###### **City**

## Sponsors / Funding sources

**1**

### Sponsor

#### Name of organization / entity

Vice-Chancellor for Research and Technology of  
Shiraz University of Medical Sciences

#### Full name of responsible person

Dr Gholamreza Hatam

#### Street address

Seventh floor, Shiraz University of Medical Sciences  
and Health Services, Next to Red Crescent  
Organization, Zand blvd

#### 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 and Technology of 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 of Medical Sciences

#### Full name of responsible person

Parisa Mansoori

#### Position

MS in nursing

#### Other areas of specialty/work

#### Street address

Shiraz University of Medical Sciences and Health  
Services, Next to Red Crescent Organization, Zand  
blvd

#### City

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#### Phone

+98 71 1647 2527

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mansoorip@sums.ac.ir

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## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

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Parisa Mansoori

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## Person responsible for updating data

### Contact

#### Name of organization / entity

Shiraz University of Medical Sciences

#### Full name of responsible person

Parisa Mansoori

#### Position

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#### Other areas of specialty/work

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#### Fax

#### Email

#### Web page address

## 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*