

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

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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