Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Jun 2026

Effect of education through group discussion on self-care behaviors promotion in patients with heart failure

Protocol summary

Summary

This will be a randomized clinical trial. The aim of the study will determine the effect of group discussion on Self-care behaviors promotion in patients with heart failure. Introduction Patients of CHF diagnosed will be included. Patients with hospital readmissions during the study, Unwillingness to continue participating in the study, no participation in one training session will be excluded. The sample size of 80 will be required. Before education the questionnaire will be given to the control and experience groups. Education program will be set group discussion by the investigator. Samples will come to the hospitals after 3 months of training and Questionnaire will be given to them again. Comparison of pre- and post-intervention difference between the means as the effect of group discussion on Self-care behaviors promotion in patients with heart failure will be considered in experimental and control groups.

General information

Acronym

Education through group discussion and heart failure

IRCT registration information

IRCT registration number: **IRCT2015120618464N3**
Registration date: **2016-02-16, 1394/11/27**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-02-16, 1394/11/27

Registrant information

Name

Soghra Nikpour

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Deputy of Research Iran University of Medical Sciences

Expected recruitment start date

2016-04-04, 1395/01/16

Expected recruitment end date

2016-08-06, 1395/05/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of education through group discussion on self-care behaviors promotion in patients with heart failure

Public title

Effect of education through group discussion on self-care behaviors promotion in patients with heart failure to educational hospitals of Iran University of Medical Sciences.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: The diagnosis of heart failure by doctor؛age more than 18؛A history of heart failure at least 6 months prior to study؛Having at least read and writes in Persian؛ having an active phone line Exclusion criteria: Hospital readmission samples at the time of investigation؛No participation in one training sessions؛Unwillingness to continue participating in the

study

Age
No age limit

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)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Eighty patients with heart failure randomly will be assigned and by random blocks will be placed in two experience and control groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of University of Medical Sciences

Street address
Iran University of Medical Sciences,Shahid Hemmat Highway

City
Tehran

Postal code
1449614535

Approval date
2015-05-20, 1394/02/30

Ethics committee reference number
IR.IUMS.REC.1394.25732

Health conditions studied

1

Description of health condition studied
Congestive heart failure

ICD-10 code
I50.0

ICD-10 code description
Right ventricular failure (secondary to left heart failure)

2

Description of health condition studied
Left ventricular failure

ICD-10 code
I50.1

ICD-10 code description
Cardiac asthma ,Left heart failure ,Oedema of lung, Pulmonary oedemawith mention of heart disease NOS or heart failure

3

Description of health condition studied
Heart failure, unspecified

ICD-10 code
I50.9

ICD-10 code description
Cardiac, heart or myocardial failure NOS

Primary outcomes

1

Description
Self-care behaviors promotion

Timepoint
Before and 3ئخدفاس after education

Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
The experience group is given questionnaire before the intervention. They will be training three sessions for 90 minutes. After the intervention, 3 months later the will be given re-questionnaire.

Category
Prevention

2

Description
The control group is given questionnaire before the intervention; there is no intervention in the control group. After the intervention, 3 months later the control group will be given re-questionnaire.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Rajaei Cardiovascular, Medical & Research Center
Full name of responsible person
Dr Fereydoon Nouhi
Street address
Valiasr Ave Niayesh Intersection
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of Iran University of Medical Sciences
Full name of responsible person
Dr Seyed Ali Javad Moosavi
Street address
Iran University of Medical Sciences, Hemmat Highway
City
Tehran
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 Iran 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