

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of individual empowerment program on self efficacy and quality of life in patients with multiple sclerosis

Protocol summary

Summary

1-Objective: this study is a randomized clinical trial on 80 patients with multiple sclerosis effect of individual empowerment program on self-efficacy and quality of life in patients with multiple sclerosis deal. 2. Design: After obtaining informed consent, eligible patients were randomly assigned to two groups. 3. Empowerment intervention is done within 8 weeks. Inclusion criteria: 1- Being in the age range 50 to 15 years old. 2-Willingness to participate in research. 3-Persian literate enough to read and write. 4-Not having an approved mental illness and mental retardation, chronic diseases (the doctor).5-follow-up telephone access to the curriculum by the investigator. 6 - At least 6 months of diagnosis is past. 7- No recurrence within 30 days. The exclusion criteria: 1- Company experience in similar training programs in conjunction with research. 2- Unwillingness to continue the study. 3-Faced with extreme stress in the last month. 4-Conditions or diseases that are subject to changes in physical function.5-About the effects of drug use. 6- Participate in all training sessions. 7-Not in the acute phase.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014081818846N1**

Registration date: **2015-01-04, 1393/10/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-04, 1393/10/14

Registrant information

Name

Marziye Nooraei

Name of organization / entity

Fatemehe School of Nursing and Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 71 1732 1016

Email address

nooraei_m@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2014-01-14, 1392/10/24

Expected recruitment end date

2014-03-05, 1392/12/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of individual empowerment program on self efficacy and quality of life in patients with multiple sclerosis

Public title

Effect of individual empowerment program on self efficacy and quality of life in patients with multiple sclerosis referring to shiraz multiple sclerosis society-1392

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1-Being in the age range 50 to 15 years old. 2-Willingness to participate in research. 3-

Persian literate enough to read and write. 4-Not having an approved mental illness and mental retardation, chronic Vsayrbymaryhay (the doctor). 5- follow-up telephone access to the curriculum by the investigator. 6 - At least 6 months of diagnosis is past. 7-No recurrence within 30 days . The exclusion criteria:1-Company experience in similar training programs in conjunction with research. 2- Unwillingness to continue the study. 3- Faced with extreme stress in the last month. 4- Conditions or diseases that are subject to changes in physical function. 5-About the effects of drug use. 6- Participate in all training sessions. 7-Not in the acute phase.

Age

From **15 years** old to **50 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**

Shiraz University of Medical Sciences

Street address

7th floor, Central Building of Shiraz University of Medical Sciences

City

shiraz

Postal code

1978-71345

Approval date

2014-01-13, 1392/10/23

Ethics committee reference number

92-6845

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

multiple sclerosis

ICD-10 code

G35

ICD-10 code description

Demyelinating diseases of the central nervous system

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

Quality of life

Timepoint

pre intervention, one month after intervention, two month after intervention

Method of measurement

Quality of Life Questionnaire

2**Description**

Self efficacy

Timepoint

Pre intervention, one month after intervention, two month after intervention

Method of measurement

Questionner

Secondary outcomes

empty

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

Intervention: for intervention groups, family centered empowerment model with four steps and four dimensions, the perceived threat (severity and sensitivity), self-efficacy, and self-evaluation during 8 session of 45 minutes for 8 weeks implements .

Category

Lifestyle

2**Description**

Control: The control group is without any intervention

Category

N/A

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

Shiraz MS Institute

Full name of responsible person

Hashem Rahmati

Street addressMS institute Across the Dental School street
Ghasroldasht shiraz fars**City**

Shiraz

Fax**Email**

h_rahmati@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Hashem Rahmati

Position

MSc of Nursing

Other areas of specialty/work**Street address**Hazrat-e-Fatemeh nursing and midwifery college,
Namazi Hospital, Namazi Square, Shiraz**City**

Shiraz

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1978-71345

Phone

+98 71 3627 9135

Fax**Email**

H-Ramati1076@yahoo.com

Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**Vice chancellor for research, Shiraz University of
Medical Sciences**Full name of responsible person**

Dr. Gholamreza Hatam

Street address7th floor, Central Building of Shiraz University of
Medical Sciences, Zand Street, Shiraz, Fars Province**City**

shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding sourceVice chancellor for research, 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

Mr. Hashem Rahmat

Position

Master of nursing

Other areas of specialty/work**Street address**Hazrat-e-Fatemeh nursing and midwifery college,
Namazi Hospital, Namazi Square, Shiraz.**City**

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Person responsible for updating data**Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Marziye Nooraei

Position

Master student of nursig

Other areas of specialty/work**Street address**Hazrat-e-Fatemeh nursing and midwifery college,
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nooraei_m@sums.ac.ir

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