Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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 address
MS institute Across the Dental School street Ghasroldasht shiraz fars
City
Shiraz

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 address
7th 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 source
Vice 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
Shiraz
Postal code
1978-71345
Phone
+98 71 3627 9135
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
Postal code
1978-71345
Phone
+98 71 3627 9135
Fax
Email
H-Ramati1076@yahoo.com
Web page address

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, Namazi Hospital, Namazi Square, Shiraz
City
Shiraz
Postal code
Phone
+98 71 3732 1016
Fax
Email
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