Clinical Trial Protocol
Iranian Registry of Clinical Trials

21 Sep 2026

The effect of peer support groups on self-transcendence and physical and mental health status in patients on hemodialysis groups

Protocol summary

Summary

The purpose of current research is to determine the effect of peer support groups on self-transcendence and physical and mental health status in patients on hemodialysis groups.This research with case and control groups was performed on 64 patients under hemodialysis in Sabzevar vasei hospital. 64 patients were selected, 32 patients in each group. Participants attended 8 weekly sessions' comprising 2 hours each while the control group received the routine care of the institute . Research tools were " Self-Transcendence Scale (STS)" and "Kidney Disease Quality of Life Short Form(KDQOL-SFTM)". Before and after the intervention, tools were completed by the patients in both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014082018882N1**
Registration date: **2015-02-12, 1393/11/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-02-12, 1393/11/23

Registrant information

Name

Akram Malek Khahi

Name of organization / entity

Sabzevar University of Medical Scinces

Country

Iran (Islamic Republic of)

Phone

+98 51 4422 1991

Email address

malek049@yahoo.com

Recruitment status

Recruitment complete

Funding source

Sabzevar University of Medical Scinces

Expected recruitment start date

2013-12-06, 1392/09/15

Expected recruitment end date

2014-01-20, 1392/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of peer support groups on self-transcendence and physical and mental health status in patients on hemodialysis groups

Public title

The effect of peer support groups on self-transcendence and physical and mental health status in patients on hemodialysis groups

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:Age over 18 years; At least 6 months of dialysis; Patients with active files in Sabzevar Hemodialysis Center. Exclusion criteria: Absence of more than two sessions.

Age

From **18 years** old to **85 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size
Target sample size: **64**

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
Sabzevar University of Medical Scinces

Street address
School of Nursing and Midwifery; next to the police station to Shahroud road, Sabzevar

City
Sabzevar

Postal code

Approval date
2013-12-06, 1392/09/15

Ethics committee reference number
medsab.Rec.92.9

Health conditions studied

1

Description of health condition studied
End stage renal failure

ICD-10 code
N18.9

ICD-10 code description
Chronic kidney disease

Primary outcomes

1

Description
Physical health status

Timepoint
Before, after intervention

Method of measurement
Kidney Disease Quality of Life Short Form

2

Description
The psychological health

Timepoint
Before, after intervention

Method of measurement
Kidney Disease Quality of Life Short Form

3

Description
Self-Transcendence

Timepoint
Before, after intervention

Method of measurement
Self-Transcendence Scale

Secondary outcomes

empty

Intervention groups

1

Description
The peer support group was formed, 2 hour sessions, for 8 weeks. The session subject was about hemodialysis patients' problems

Category
Behavior

2

Description
The control group just received ward routine cares.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Sabzevar Vasei hospital

Full name of responsible person
Akram Nazarkhahi

Street address

City
Sabzevar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Sabzevar University of Medical Sciences

Full name of responsible person
Moosa Reza Tadayonfar

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School of Nursing and Midwifery; next to the police station to Shahroud road, Sabzevar

City
Sabzevar
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Sabzevar 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