

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

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

#### Protocol summary

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##### 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.

##### Recruitment status

**Recruitment complete**

##### Funding source

Sabzevar University of Medical Sciences

##### 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

#### 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 Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 51 4422 1991

###### Email address

##### 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 Sciences

##### 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

##### Street address

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

**Contact**  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*