

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

13 Jul 2026

### Effectiveness of Motivational Interviewing on treatment adherence and quality of life on Hemodialysis patients in Hajar hospital of Shahrekord

#### Protocol summary

##### Summary

(1) Objectives: This study aimed to evaluate the effectiveness of motivational interviewing on treatment adherence and quality of life of dialysis patients. (2) Design: The study is experimental research, using pre-test and post-test with control group. (3) Setting and conduct: The population consisted of all dialysis patients who are admitted to the Hajar Hospital of Shahrekord in 2013. After obtaining the administrative permission and checking all hemodialysis patients, the appropriate samples will be selected. (4) Participants including major eligibility criteria: A Sample of 30 patients of volunteers will be selected who passed at least 3 months of having chronic kidney disease and requiring dialysis and have no important disease except chronic kidney disease and didn't receive other psychological treatments. Patients, who missed more than one session of treatment, will be excluding. Then these 30 patients will be dividing randomly into two groups of 15 people. And finally, they will be dividing randomly into two experimental groups and the control group. (5) Intervention: The experimental group receives a motivational interviewing for 5 weekly sessions, while the control group will not receive any kind of intervention. (6) Main outcome measures variables: Main variables are quality of life, which measured by Persian form of quality of life questionnaire for patients on dialysis (KDQOL - SF<sup>TM</sup> 1/3). The second variable is treatment adherence that including: calcium, phosphorus, creatinine, hemoglobin, sodium, potassium and interdialytic weight gain. These variables records of the case patients before and after the the intervention.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014110119774N1**

Registration date: **2014-12-26, 1393/10/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-12-26, 1393/10/05

##### Registrant information

###### Name

Fereshte Alidoust Ghahfarokhi

###### Name of organization / entity

Semnan university

###### Country

Iran (Islamic Republic of)

###### Phone

+98 23 3362 4250

###### Email address

f.alidoust@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Investigator

##### Expected recruitment start date

2013-07-23, 1392/05/01

##### Expected recruitment end date

2014-11-22, 1393/09/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effectiveness of Motivational Interviewing on treatment adherence and quality of life on Hemodialysis patients in Hajar hospital of Shahrekord

##### Public title

Effectiveness of Motivational Interviewing on treatment adherence and quality of life on Dialysis patients

##### Purpose

Health service research

**Inclusion/Exclusion criteria**  
 The main inclusion criteria to the study: • Passed at least 3 months of having chronic kidney disease and requiring dialysis; • Willing and informed consent to participate in research; • No important disease except chronic kidney disease; • No other psychological treatment. The main Exclusion criteria of study: • Missing more than one session of treatment; • Other physical disease during the implementation of motivational interviewing; • Having a mental illness; • Increasing the patient's condition so that the patient could not attend the meeting; • Kidney transplant.

**Age**  
 No age limit

**Gender**  
 Both

**Phase**  
 2-3

**Groups that have been masked**  
*No information*

**Sample size**  
 Target sample size: **30**

**Randomization (investigator's opinion)**  
 Not 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

Ethics committee of Semnan university

##### Street address

Zip code: 35131- 19111, Faculty of Psychology and Educational Sciences, Mahdishahr, Semnan.

##### City

Mahdishahr

##### Postal code

35131-19111

#### Approval date

2013-11-26, 1392/09/05

#### Ethics committee reference number

98/92/825

## Health conditions studied

### 1

#### Description of health condition studied

chronic kidney disease

#### ICD-10 code

N18.5

#### ICD-10 code description

Chronic uraemia End stage kidney disease:•on dialysis

## Primary outcomes

### 1

#### Description

quality of life

#### Timepoint

after intervention, befor intervention

#### Method of measurement

Persian form of quality of life questionnaire for dialysis patients (KDQOL - SF <sup>TM</sup> 1/3)

### 2

#### Description

Inter-dialysis weight change

#### Timepoint

after intervention, befor intervention

#### Method of measurement

Recorde of the case patient

### 3

#### Description

Serum's potassium, Serum's phosphorus,srum's sodium, serum's calsium, Creatinine and hemoglobin

#### Timepoint

after intervention, befor intervention

#### Method of measurement

Blood expriment

## Secondary outcomes

### 1

#### Description

depression

#### Timepoint

befor intervention, after invention

#### Method of measurement

Beck depression inventory

### 2

#### Description

Hopefulness

#### Timepoint

after invention, befor invention

#### Method of measurement

Snyder Hopefulness Questionnair

## Intervention groups

## 1

### Description

Experimental group: In this study, motivational interviewing in the experimental group runs in accordance with the principles of Miller and Rollnick in the fifth sessions. Contents of the Motivational interviewing session: • First session (dating): A group norms and processes, facilitates the philosophy, practice of freedom, the exercise of Dimensions of behavior influence, the exercise of change cycle assessment of commitment and confidence. • Second session (emotion): Feelings Practice identifying, practicing and perfecting the exercise of influence dimension and emotional dimension and homework. • The third session (positive and negative aspects of behavior and change): Practice of brainstorming of Short-term and long-term profit and losses, Practice of complete table of the positive and negative aspects, describe and Practice of corrective options and alternatives one. • Fourth session (values): Definition of values, Practice of identifying and prioritizing notch values, practice to define values and value-behavior consistency. • Fifth session (closing Landscape): Summarizing and concluding of previous training Sessions in a Landscape practice and preparation for the start of behavior change programs.

### Category

Treatment - Other

## 2

### Description

Control group: The control group received no intervention.

### Category

Other

## Recruitment centers

## 1

### Recruitment center

#### Name of recruitment center

Hajar hospital of Shahrekord

#### Full name of responsible person

Ali Momeny MD

#### Street address

Department of Nephrology, Hajar Hospital,  
Shahrekord University of Medical Sciences

#### City

Shahrekord

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Vice chancellor for research, Semnan university

#### Full name of responsible person

Ali Mohammad Rezaei Ph.D.

#### Street address

Vice chancellor for research, Faculty of Psychology  
and Educational Sciences, Semnan University,  
Semnan

#### City

Semnan

#### 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, Semnan university

#### 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

Semnan university

#### Full name of responsible person

Fereshte Alidoust Ghahfarokhi

#### Position

Clinical Psychology student (M.A)

#### Other areas of specialty/work

#### Street address

Faculty of Psychology and Educational Sciences,  
Semnan University, Semnan

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Semnan university  
**Full name of responsible person**  
Fereshte Alidoust Ghahfarokhi  
**Position**  
Clinical Psychology student (M.A)  
**Other areas of specialty/work**  
**Street address**  
Faculty of Psychology and Educational Sciences,  
Mahdishahr, Semnan  
**City**

## 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*