

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 - SFTM 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

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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 [™] 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

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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