

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparison study the effect of family-centered education in two ways conventional and by telephone on self-care in Patients with type 2 diabetes referring to Urmia Diabetes Association, 2014

Protocol summary

Summary

One of the most important metabolic diseases is Type 2 diabetes as a human society disease rapidly expanding by the sedentary lifestyle. According to forecasts of World Health Organization were estimated that in 2030, over than 366 million people worldwide will be diagnosed with diabetes. The prevalence of diabetes in people over 30 years old in the West Azerbaijan province is 34.2 percent. Diabetic patients are necessary to adherence of diabetic diet, therapeutic regimen (Correct use of oral and injective medication) and physical activity. However of training programs, misconceived in disease control among diabetic patients is still a common practice. Therefore, it becomes necessary to additional education programs, provides basic and important issues in diabetic patients and followed to achieve optimal glycemic control; quality of education and the pursuit of them are the most effectiveness factors in selecting appropriate training methods. Therefore educate patients and families can facilitate their management and quality control. The family-based education and follow-up with the aim of enhancing knowledge, attitude and practice improvement of adherence to diet, health and daily activities to support and care of patients with diabetes who have problems, can be extremely effective. Several studies have shown that family support as the strongest factor in determining compliance with the treatment regimen in patients with diabetes type two. Nurses with effective interventions such as education and family can encourage patients to favorable changes in lifestyle and follow different approaches to the treatment regimen is an important factors in reducing symptoms of disease and increase level of health them. The aim of this experimental study was to compare the effect of family-centered care in two ways: in person and by phone in patients with type II diabetes Urmia members in 2014 will be. In this study, the random

selection and random assignment to three groups, training, telephone training and will control group will be evaluated. Training will be conducted by telephone and in person in the intervention group and the impact on self care will be investigated.

General information

Acronym

effect of family-centered education in Patients with type 2 diabetes

IRCT registration information

IRCT registration number: **IRCT2014112620106N1**

Registration date: **2015-04-23, 1394/02/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-04-23, 1394/02/03

Registrant information

Name

Somaie Razmaraie Iranagh

Name of organization / entity

Urmia University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 44 3275 4961

Email address

s.razmara@gmail.com

Recruitment status

Recruitment complete

Funding source

Urmia University of Medical Sciences

Expected recruitment start date

2014-12-22, 1393/10/01
Expected recruitment end date
 2015-03-21, 1394/01/01
Actual recruitment start date
 empty
Actual recruitment end date
 empty
Trial completion date
 empty

Scientific title
 Comparison study the effect of family-centered education in two ways conventional and by telephone on self-care in Patients with type 2 diabetes referring to Urmia Diabetes Association, 2014

Public title
 Comparison study the effect of family-centered education in two ways conventional and by telephone on self-care in Patients with type 2 diabetes

Purpose
 Supportive

Inclusion/Exclusion criteria
 Inclusion criteria: residence in the city of Urmia; preliminary approval study by patients and one of their family members; confirmed diagnosis of diabetes for the patients by a specialist; age between 18-55 years old and a minimum required education with literacy in patients or one of family members; no history of mental illness, high blood pressure(more than 110/180), chronic kidney disease and heart disorders. Exclusion criterion: no regular participation in educational programs.

Age
 No age limit

Gender
 Both

Phase
 N/A

Groups that have been masked
 No information

Sample size
 Target sample size: 90

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
 Urmia University of Medical Sciences
Street address
 nazlo road
City
 Urmia
Postal code
Approval date
 2010-09-23, 1389/07/01
Ethics committee reference number
 umsu.rec.1393.209

Health conditions studied

1

Description of health condition studied
 Diabetes
ICD-10 code
 E10-14
ICD-10 code description
 Diabetes mellitus

Primary outcomes

1

Description
 Self care
Timepoint
 Before the intervention,three months after the intervention
Method of measurement
 Questionnaire selfcare Tobert

Secondary outcomes

empty

Intervention groups

1

Description
 The intervention group was divided into two groups.Family-centered teaching method is by telephone and face to face.Intervention for three months.In the first month of training in each group twice a week and once a week will be the second or third month.Family-based intervention group by telephone, by phone, face to face and family centered education, a face to face would be.

Category
 Other

2

Description
 The control group will not recieve any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Uromia diabetes center

Full name of responsible person

Street address

City

Uromia

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Urmia University of Medical Sciences

Full name of responsible person

Masomeh Hemmati Maslarpak

Street address

Urmia University of Medical Sciences

City

Urmia

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Urmia 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

University of Medical Sciences International Branch

Full name of responsible person

Somayeh Razzmarai Iranagh

Position

Master student of nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Department of Medical Surgical Nursing, Urmia

University of Medical Science

Full name of responsible person

Masomeh Hemmati Maslarpak

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PhD

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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