Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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

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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 Maslakpak
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

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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