Clinical Trial Protocol
Iranian Registry of Clinical Trials

05 Nov 2026

Assessing the effect of self- management program on quality of life in patients with psoriasis

Protocol summary

Summary

This study is a randomized clinical trial and single blind research with a control group, designed to show how a self-management education program is effective on quality of life in patients with psoriasis. The sample size is 110 who are randomly divided into control and intervention groups. The intervention consisted of self-management training program that are held in groups up to 5 patients for 3 sessions of 20 minutes.The training program is provided along with the booklet. 1,2 and 3 months after discharge, the intervention group received a phone call to possible questions be answered and practicing the instructions be followed. before and 3 months after training Dermatology Life Quality Index and Psoriasis Area and Severity Index are completed research fellow. After collecting the questionnaires scores related to each section of the questionnaire will be calculated and then the raw data and information will be adjusted in original table and will be calculated and compared by using descriptive and inferential ststistical methods of SPSS.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015020220916N1**
Registration date: **2015-05-29, 1394/03/08**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-05-29, 1394/03/08

Registrant information

Name

Kobra Soltan Dehghan

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8888 2885

Email address

k-soltandehghan@farabi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2015-03-21, 1394/01/01

Expected recruitment end date

2015-08-22, 1394/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of self- management program on quality of life in patients with psoriasis

Public title

Assessing the effect of self- management program on quality of life in patients with psoriasis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: confirming the diagnosis of psoriasis by doctor; age 18 years old and older; at least 3 months before the study had a history of psoriasis; be at least read and write the language; willingness to participate in the study; was not pregnant. Exclusion criteria: the absence of an intervention group training sessions; readmission samples during sampling in research

environments.

Age
From **18 years** old to **100 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **110**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Iran University of Medical Sciences

Street address
Iran University of Medical Sciences, Shahid Hemmat Highway

City
Tehran

Postal code
1449614535

Approval date
2015-02-10, 1393/11/21

Ethics committee reference number
93/105/5473/د

Health conditions studied

1

Description of health condition studied
Psoriasis

ICD-10 code
L40

ICD-10 code description
Psoriasis

Primary outcomes

1

Description
Quality of life

Timepoint
Before and 3 months after intervention

Method of measurement
Dermatology Life Quality Index (DLQI)

Secondary outcomes

1

Description
Severity of disease

Timepoint
Before and 3 months after intervention

Method of measurement
Psoriasis Area and Severity Index (PASI)

Intervention groups

1

Description
Control: the routin training, follow-up after 3 months

Category
N/A

2

Description
Intervention group: self-management training in groups of 5 people at 3 sessions of 20 minutes, then followed up for 3 months.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Razi Hospital

Full name of responsible person
Kobra Soltan Dehghan

Street address
Razi Alley, Islamic Unity Square

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Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Iran University of Medical Sciences

Full name of responsible person
Tahere Najafi Ghezeljeh

Street address

Shahid Hemmat Highway

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Iran 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

Iran University of Medical Sciences

Full name of responsible person

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Position

post graduate nursing student

Other areas of specialty/work

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Web page address

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