

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

the effect of self efficacy training on wight alteration hemodialysis patients

Protocol summary

Summary

Hemodialysis is the most common medical management of patients affected by End-stage renal disease. For hemodialysis to be successful, strict fluid compliance and weight control is mandatory. Education, in terms of self-care activities, is an important intervention for improving patients' outcomes in this disease. Self-efficacy promotion program training is an effective strategy for behavioral change. The aim of this study was to investigate the effect of a self-efficacy promotion program on the body weight changes in patients undergoing hemodialysis. Methods: In this single-blind quasi-experimental study, we recruited a convenience sample of 63 patients undergoing hemodialysis from two teaching hospitals and allocated them randomly to the experimental or control group. Patients in the experimental group received a 6-session Self-efficacy promotion program training while the control group received the routine care of the institute. Mean body weight gain and self-efficacy were measured before, immediately and two months after the study. Findings: the groups did not differ significantly regarding the study variable before the study. However, immediately and two months after the study, the mean body weight gain and self-efficacy in the experimental group were significantly lower and higher, respectively, than the control group ($P < 0.05$). Conclusion: implementing the Self-efficacy promotion program training is effective in decreasing weight gain and increasing self-efficacy in patients undergoing hemodialysis. Nurses in hemodialysis units can use Self-efficacy promotion program training as an effective intervention for improving patients' outcomes. Inclusion criteria: 1) age between 18-65 years 2) able to speak Persian or Turkish 3) at Least one years haemodialysis 4) no physical limitation in self-care 5) Receiving routine haemodialysis three times in week of four hours Exclusion criteria 1-no psychological or cognitive disorders. 2- no affected to congestive heart failure ,no affected to cirrhosis of the Liver.

General information

Acronym

selfefficacy

IRCT registration information

IRCT registration number: **IRCT138805032226N1**

Registration date: **2012-04-27, 1391/02/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-04-27, 1391/02/08

Registrant information

Name

Mansooreh Aliasgharpour

Name of organization / entity

Nursing & midwifery faculty, Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6693 7120

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2009-08-23, 1388/06/01

Expected recruitment end date

2009-11-07, 1388/08/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

the effect of self efficacy training on wight alteration hemodialysis patients

Public title

self efficacy training and wight alteration hemodialysis patients

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: 1) age between 18-65 years 2)able to speak Persian or Turkish 3) at Least one years haemodialysis 4) no physical limitation in self-care 5) Receiving routine haemodialysis three times in week of four hours Exclusion criteria 1-no psycholosomal or cognitive disorders. 2- no affected to congestive heart failure ,no affected to cirrhosis of the Liver.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **104**

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

Ethics committee nursing&midwifery Tehran
University of Medical Sciences

Street address

squar toohid-nursing&midwifery facultyTehran
University of Medical Sciences-tehran-iran

City

Tehran

Postal code

1419733171

Approval date

2009-06-19, 1388/03/29

Ethics committee reference number

305/250/3

Health conditions studied

1

Description of health condition studied

Weight alteration haemodialysis patients

ICD-10 code

N18.9

ICD-10 code description

Chronic kidney disease, unspecified

Primary outcomes

1

Description

Self efficacy training reduce to weight control patients
1-2 kg during heamodialyis sessions

Timepoint

3 times in week

Method of measurement

Measurment of the patients weight by scale

Secondary outcomes

empty

Intervention groups

1

Description

In interventional group questionnaires at the beginning, a month later and was completed two months later. Intervention (teaching efficacy) in this group was done.

Category

Prevention

2

Description

In control group questionnaires at the beginning, a month later and was completed two months later. Intervention (teaching efficacy) in this group was not done.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr Beheshti & Valiasre hospital of zanzan university of medical sciences

Full name of responsible person

mansooreh aliasgarpour

Street address

Tehran University of Medical Sciences

City

zanjan

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

nursing& midwifery faculty - Tehran University of Medical Sciences

Full name of responsible person

Mansooreh Aliasgharpour

Position

academic member

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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

nursing&midwifery faculty -Tehran University of Medical Sciences

Full name of responsible person

Dr Reza Negarandeh

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

nursing&midwifery faculty -Tehran 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**

nursing&midwifery faculty - Tehran University of Medical Sciences

Full name of responsible person

Mansooreh Aliasgharpour

Position

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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