

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Assessing the effect of educational intervention on nutritional management among patients with type 2 diabetes

Protocol summary

Summary

The purpose of this study was to conduct an educational program on the nutritional management of patients with type 2 diabetes. The study will be performed in 112 cases of diabetes that referred to the Diabetes Research Center of Hamadan that randomly will be divided in 2 groups: interposition and control. Inclusion criteria: definitive diagnosis of type 2 diabetes, satisfaction of participate in the study, having health records in diabetes research center of Hamedan, ability to participate in training sessions. Exclusion criteria: non-appearance regular training sessions. Intervention consisted of: educational program designed HbA1c test after three months of training in the intervention group. In control group only HbA1c testing will be performed. The intervention will be from 25 April to 5 May 2015. The implications of the study include: influence of educational programs designed to inform, health Locus of Control, efficacy, perceived barriers and nutritional management.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015030421330N1**

Registration date: **2015-05-24, 1394/03/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-05-24, 1394/03/03

Registrant information

Name

Azam Samadi

Name of organization / entity

Hamedan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 38254576

Email address

a.samadi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Hamedan University of Medical Science.

Expected recruitment start date

2015-01-24, 1393/11/04

Expected recruitment end date

2015-03-16, 1393/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of educational intervention on nutritional management among patients with type 2 diabetes

Public title

Effect of nutrition in diabetes

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: definitive diagnosis of type 2 diabetes, satisfaction of participate in the study, having health records in diabetes research center of Hamedan, ability to participate in training sessions. Exclusion criteria: non-appearance regular training sessions.

Age

No age limit

Gender

Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **112**

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 of Hamedan University of Medical Science

Street address

Shahid Fahmideh st

City

Hamean

Postal code

65155

Approval date

2015-01-24, 1393/11/04

Ethics committee reference number

16/35/9/5420/p

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E10,E11,E1

ICD-10 code description

DIABETES MELLITUS

Primary outcomes

1

Description

HbA1c

Timepoint

Three months after the intervention

Method of measurement

In the laboratory

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group: training program designed for 4 sessions and a training manual reminder of last training sessions a month after making Glycosylated Hemoglobin test will be three months after the last training session.

Category

Lifestyle

2

Description

Intervention in the control group: including Glycosylated Hemoglobin test three months after the last training session in the intervention group

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes Research Center of Hamadan

Full name of responsible person

Kosari

Street address

Shariati Sq, Mirzadeh Eshghi St

City

Hamedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Hamedan University of Medical Science

Full name of responsible person

Doctor Said Bashirian President for Research and Technology

Street address

Shahid Fahmideh st

City

Hamedan

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 of Hamedan University of Medical Science

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**

Hamedan University of Medical Science

Full name of responsible person

Azam Samadi

Position

Master Student Health Education

Other areas of specialty/work**Street address**

Shahid Fahmideh st

City

Hamedan

Postal code**Phone**

+98 138224576

Fax

-

Email

azamsamadi87@yahoo.com: a.samadi@umsha.ac.ir

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

Hamedan University of Medical Sciences

Full name of responsible person

Doctor Akram Karimi

Position

PhD

Other areas of specialty/work**Street address**

Shahid Fahmideh St

City

Hamedan

Postal code

08138380026

Phone

+81 38380026

Fax

+98 912 611 6052

Email

karimi.a@umsha.ac.ir: karimi71813@yahoo.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Hamedan University of Medical Science

Full name of responsible person

Azam Samadi

Position

Master Student

Other areas of specialty/work**Street address**

Shahid Fahmideh St

City

Hamedan

Postal code**Phone**

00

Fax**Email**

azamsamadi87@yahoo.com: a.samadi2UMSHA.AC.IR

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