

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

The effect of self-care program education on Adherence to treatment regimen and self-efficacy in veteran with spinal cord injury

Protocol summary

Summary

This study is a randomized control trial to determine the effect of self-care program education on Adherence to treatment regimen and self-efficacy in veteran with spinal cord injury. All of the Veteran spinal cord injury patients, who were referred to Khatamalanbia hospital were our statistical research community. Of them, 60 patients were selected based on inclusion criteria included not participated in previous training programs about self-care in the last three months, history of spinal cord injury for 6 months and more and no history of diabetes, hypertension, congestive heart failure, coronary heart disease and chronic obstructive pulmonary disease, they were randomly divided into two experimental and control groups using table of random numbers. The experimental group will be received 6 sessions of 60-45 minutes once in every two days. Patients will complete morong self-efficacy and researcher make adherence to treatment before and after the intervention. In this study blindness will be performed only for subjects (patients).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017050222311N2**

Registration date: **2017-07-23, 1396/05/01**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-07-23, 1396/05/01

Registrant information

Name

Naser Sedghi Goyaghaj

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 3640 0459

Email address

sedghi.nurse@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Aja University of Medical Sciences

Expected recruitment start date

2017-06-22, 1396/04/01

Expected recruitment end date

2017-09-23, 1396/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-care program education on Adherence to treatment regimen and self-efficacy in veteran with spinal cord injury

Public title

The effect of self-care program education on Adherence to treatment regimen and self-efficacy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: not participated in previous training programs about self-care in the last three months; history of spinal cord injury for 6 months and more and no history of diabetes, hypertension, congestive heart

failure, coronary heart disease and chronic obstructive pulmonary disease. Exclusion criteria: Cancel the continued cooperation; Not Participate in all meetings of intervention; patient died and Partially completed questionnaires.

Age

No age limit

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Table of random numbers will be used For randomization

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Aja University of Medical Sciences

Street address

Etemadzadeh Street, West fatemi Street, Tehran

City

Tehran

Postal code**Approval date**

2017-06-22, 1396/04/01

Ethics committee reference number

IR.AJAUMS.REC.1396.44

Health conditions studied**1****Description of health condition studied**

Spinal cord Injury

ICD-10 code

M84.1

ICD-10 code description

Injury to nerves and spinal cord

Primary outcomes**1****Description**

Adherence to treatment regimen

Timepoint

before, after and one month after intervention

Method of measurement

Researcher maked Adherence to treatment regimen questionnaire

2**Description**

self efficacy

Timepoint

before, after and one month after intervention

Method of measurement

moorong self efficacy scale

Secondary outcomes**1****Description**

Timepoint

Method of measurement

Intervention groups**1****Description**

For Patients in the intervention group, self-care education by face to face method and over the 6 sessions of 60-45 minutes every other day, will be trained in by researchers.

Category

Treatment - Other

2**Description**

Control group: No intervention

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Khatam-Al-anbia Hospital

Full name of responsible person

Naser Sedghi Goyaghaj

Street address

Rashid Yasemi Street, Above Mirdamad Blvd, Vali-Ye-

Asr Street
City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Naser Sedghi Ghoyaghaj

Street address

Etemadzadeh Street, West fatemi Street, Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Investigator

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

Aja University of Medical Sciences

Full name of responsible person

Naser Sedghi Ghoyaghaj

Position

Master of Sciences in nursing

Other areas of specialty/work

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Person responsible for scientific

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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