

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Comparison of self-care education based on short message service and pamphlet on self-efficacy and adherence to the medication regimen in adolescents with epilepsy

Protocol summary

Summary

This research will do with the purpose of comparison of self-care education based on short message service and pamphlet on self-efficacy and adherence to the medication regimen in adolescents with epilepsy referring to Iranian Association of Epilepsy. In other words, the main purpose is familiar young people with epilepsy supportive care. This study was a randomized clinical trial with control group. The samples (n=90) are adolescents in the age range 12 to 18 years who register in Iranian Epilepsy Association. We can point to two main inclusion criteria: 1) Doctor should diagnose epilepsy in adolescents. 2) Adolescents or their parents should have access mobile phones and the ability to use short message service. This clinical-trial study was done on 90 Epilepsy patients who were divided into two cases and one control groups. Intervention is self-care education program based on short message service and pamphlet. In pamphlet group, five educational pamphlet will be given to patients about the self-care in regular separated time in 3 months. In this pamphlet we train to patients about sleeping, taking the exact dose of medicine, knowing the exact time for taking medicine, Side effects of medications, continuation of medicine, not to take other medicine without checking your doctor, avoidance of stimuli and stress, doing exercises and activities. In SMS method, we will send 48 sms every 4 weeks for 3 months with a focus on discussion pamphlet.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015060122514N1**

Registration date: **2015-10-27, 1394/08/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-10-27, 1394/08/05

Registrant information

Name

Rezvan Kazemi Majd

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3277 4137

Email address

re.kazemimajd@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

Governmental. University of Social Welfare and Rehabilitation

Expected recruitment start date

2015-07-23, 1394/05/01

Expected recruitment end date

2015-10-22, 1394/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of self-care education based on short message service and pamphlet on self-efficacy and adherence to the medication regimen in adolescents with epilepsy

Public title

The effect of self-care education based on short message service in adolescents with epilepsy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion: 1) Doctor should diagnose epilepsy in adolescents 2) Adolescents should be in the age range 12 to 18 years 3) Adolescents should be a member of the Epilepsy Society 4) Adolescents or their parents should have access mobile phones and the ability to use short message service. 5) Adolescents should be literate. 6) Adolescents shouldn't have any mental and physical diseases. 7) Adolescents should take an anti-seizure medication for at least 6 months. Exclusion: 1) The risk of physical and psychological problems that prevent them to continuing in the study. 2) If participants don't complete questionnaires or do not wish to continue the cooperation of researchers, so they will removed samples.

Age

From **12 years** old to **18 years** old

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)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

University of Social Welfare and Rehabilitation

Street address

Kudkyar dead end , Daneshjoo boulevard, Evin street
Tehran

City

Tehran

Postal code

1985713834

Approval date

2015-04-30, 1394/02/10

Ethics committee reference number

IR.uswr.Rec.1394.143

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

Epilepsy

ICD-10 code

G40

ICD-10 code description

Epilepsy

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

Self efficacy

Timepoint

Before intervention and 3 month after intervention

Method of measurement

Epilepsy Self-Efficacy Scale-33 Items questionnaire

2**Description**

Adherence to the medication regimen

Timepoint

Before intervention and 3 month after intervention

Method of measurement

Eight Items Morisky Medication Adherence Scale(MMAS-8)

Secondary outcomes

empty

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

Intervention is self-care education program based on short message service and pamphlet. In pamphlet group, five educational pamphlet will be given to patients about self-care in regular separate time in 3 months. In this pamphlets we train to patients about sleeping, taking the exact dose of medicine, knowing the exact time for taking medicine, Side effects of medications, continuation of medicine, not to take other medicine without checking your doctor, avoidance of stimuli and stress, exercises and activities.

Category

Lifestyle

2**Description**

in SMS method, we will send 48 sms every 4 weeks for 3 months with a focus on discussion workshops.

Category
Lifestyle

3

Description
control group: did not receive any training.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Iranian Epilepsy Association

Full name of responsible person

Street address
Tehran-Sharyati street-under the Seyed Khandan
bridge-

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
University of Social Welfare and Rehabilitation
Sciences

Full name of responsible person
Mohammad ali hoseini

Street address
Kudkyar dead end , Daneshjoo boulevard, Evin 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
University of Social Welfare and Rehabilitation 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

University of Social Welfare and Rehabilitation
Sciences

Full name of responsible person
Mohammad ali hoseini

Position
PHD

Other areas of specialty/work

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Rezvan Kazemi majd

Position
student

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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