

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

Effect of education based on Social Cognitive Theory of Bandura on Diabet Management Self-Efficacy in diabetic patients

Protocol summary

Summary

Diabetes is one the most important health problems and common chronic metabolic disease that its side-effect is considered as a leading cause of mortality and morbidity. Self-efficacy has a key role in the successful self-management among diabetes patients. The current study will aim to study the educational intervention effect based on the self-efficacy theory on diabetes management among patients who will attain in diabetes clinic of Ale Jalil hospitals in Aq Qala city. A quasi-experimental survey will conduct in two groups that 60 patients will recruit to study and randomly allocate into case and control groups. Data will gather using Sherer General Self-Efficacy scale, Diabetes Management Self-Efficacy Scale as well as some of demographic variables. Educational intervention will implement based on the self-efficacy theory in three sessions (90 minutes for each one) during three weeks. Two months later post test will conduct. The diabetes care plans will be considered if its effectiveness confirm.

General information

Acronym

sef efficacy, diabet managment self efficacy schale

IRCT registration information

IRCT registration number: **IRCT2015060622574N1**

Registration date: **2015-07-13, 1394/04/22**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-07-13, 1394/04/22

Registrant information

Name

Hajar Dehghan

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

University Social Welfare and Rehabilitation Science

Expected recruitment start date

2015-08-30, 1394/06/08

Expected recruitment end date

2015-09-16, 1394/06/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of education based on Social Cognitive Theory of Bandura on Diabet Management Self-Efficacy in diabetic patients

Public title

Effect of education based on Social Cognitive Theory of Bandura on Diabet Management Self-Efficacy in diabetic patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria were as follow: diagnosis of type 2 diabetes at least one year prior to the survey; lack of other chronic diseases except for diseases related to diabetes complications confirmed by a doctor; inclined to

participate in research and having a record in diabetes clinics in Aq Qala city; no participation in previous study the same as the current study; aged between 35 to 70 years. An exclusion criterion was the experience the acute complications associated with diabetes during the study.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 58

Randomization (investigator's opinion)

Randomized

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Factorial

Other design features**Secondary Ids**

empty

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

University of Social Welfare and Rehabilitation
Science

Street address

Koodakiar Avenue, Velenjal, Evin

City

Tehran

Postal code**Approval date**

2014-10-26, 1393/08/04

Ethics committee reference number

uswr.rec.1393.174

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

diabet type 2

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

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

general self efficacy

Timepoint

before intervention, 2 month after interventin

Method of measurement

genera self efficacy schale

2**Description**

diabet management slf efficacy

Timepoint

before intervention, 2 month after interventin

Method of measurement

diabet management slf efficacy schale

Secondary outcomes

empty

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

The intervention group will divide into three groups that they will receive three sessions of education based on Banduras Social Learning Theory. Each session will take 90 minutes.

Category

Lifestyle

2**Description**

The control group will not receive intervention and will only be provided by public care of diabetes clinic.

Category

Lifestyle

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

Ale Jalil Hospital

Full name of responsible person

Seid Mehdi Aqapour

Street address

Bandar Turkmen Road

City

Aq Qala

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation
Science

Full name of responsible person

Hamid Reza Khankeh

Street address

Koodakiar Avenue, Velenjak, Evin

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 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**

University of Social Welfare and Rehabilitation
Science

Full name of responsible person

Farahnaz Mohammadi

Position

Associate Professor

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Research Assistance

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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