

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of self-care education on sleep quality for patients with multiple sclerosis in Jahrom

Protocol summary

Summary

The aim of this study was to investigate the effect of self care education on the quality of sleep of multiple sclerosis patients. 50 multiple sclerosis patients from shiraz multiple sclerosis society were enrolled to receive eight sessions of self care educational program for three months. Primary outcome was quality of sleep patient's

General information

Acronym

Self care

IRCT registration information

IRCT registration number: **IRCT2015060922630N1**

Registration date: **2015-07-29, 1394/05/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-07-29, 1394/05/07

Registrant information

Name

Esmail Parsayee Manesh

Name of organization / entity

Jahrom University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 715440405

Email address

e.parsaeimanesh@jums.ac.ir

Recruitment status

Recruitment complete

Funding source

Jahrom University of Medical Science

Expected recruitment start date

2013-03-20, 1391/12/30

Expected recruitment end date

2013-03-20, 1391/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-care education on sleep quality for patients with multiple sclerosis in Jahrom

Public title

The effect of self-care education on sleep quality for patients with multiple sclerosis in Jahrom

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: presence of multiple sclerosis; ability to read and write. Exclusion criteria: presence of other diseases such as mental disorder; cognitive disorder; addiction or other neurologic disorders.

Age

No age limit

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Jahrom University of Medical Sciences

Street address

Jahrom Avenu Motahari

City

Jahrom

Postal code

24777123621

Approval date

2013-09-23, 1392/07/01

Ethics committee reference number

2020

2**Ethics committee****Name of ethics committee**

Jahrom University of Medical Sciences

Street address

Jahrom, Motahari st.

City

jahrom

Postal code**Approval date**

2010-09-23, 1389/07/01

Ethics committee reference number

0715440405

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

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple Sclerosis

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

Quality of sleep

Timepoint

Immediately after the intervention

Method of measurement

Pittsburgh questionnaire

Secondary outcomes

empty

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

In the intervention group, education based on steps of self care will be used for 2 month.

Category

Lifestyle

2**Description**

Control group receive no intervention.

Category

N/A

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

Jahrom Multiple Sclerosis Institute

Full name of responsible person

Esmail Parsayee Manesh

Street address**City**

Jahrom

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Research Deputyof Jahrom University of Medical Science

Full name of responsible person

Dr Kavos Solh Joo

Street address

Jahrom University of Medical Sciences, Motahari st.

City

Jahrom

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

Yes

Title of funding source

Research Deputyof Jahrom 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***Phone**

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

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Full name of responsible person

Esmail Parsayee Manesh

Position

Faculty member

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Full name of responsible person

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Postal code**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*