

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The Effect of education based on teach back method on self-efficacy and self care in patients with heart failure

Protocol summary

Summary

This study was conducted to determine the effect of education based on teach back method on self efficacy and self-care in patients with heart failure.62 hospitalized patients with heart failure in Imam Reza and Ghaem hospitals in Mashhad(1393) allocated into experimental and control groups by non-randomly convenient method. Subjects in the experimental group individually received 3-4 days self-care education based on teach back method and control group received usual self-care education. Inclusion criteria were age 18 and older, diagnosis of heart failure via cardiologist and the symptoms and diagnostic tests, the ability to speak and understand the language of persian, have at least literacy; no Previous participate in training programs; No problems with speech, hearing, and cognitive and memory; sober; Lack of severe chronic disease (such as thyroid disease, cancer, obstructive pulmonary disease, asthma, kidney and liver failure and limitation of motion); Lack of recognized psychological disorders (such as depression) and not having history of hospitalization due to mental illness. Exclusion criteria at baseline and during the study were: The patient's treatment team member, Unwillingness to continue the cooperation in each of the stages of research, The impossibility of communicating by phone or visit the patient, Creating severe stressful events during follow-up, death of patient. Self-care was measured using European Heart Failure Self-care Behavioure questionnaire(EHFScB) and Self efficacy was measured using cardiac self efficacy questionnaire before and one month after discharge.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015070423053N1**

Registration date: **2015-07-24, 1394/05/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-07-24, 1394/05/02

Registrant information

Name

Zakieh Reihani

Name of organization / entity

Mashhad University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 3859 1513

Email address

reihaniz2@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2014-11-22, 1393/09/01

Expected recruitment end date

2015-04-19, 1394/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of education based on teach back method on self-efficacy and self care in patients with heart failure

Public title

Education of patients with heart failure based on teach

back method

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria were age 18 and older, diagnosis of heart failure via cardiologist and the symptoms and diagnostic tests, the ability to speak and understand the language of persian, have at least literacy; no Previous participate in training programs; No problems with speech, hearing, and cognitive and memory; sober; Lack of severe chronic disease (such as thyroid disease, cancer, obstructive pulmonary disease, asthma, kidney and liver failure and limitation of motion); Lack of recognized psychological disorders (such as depression) and not having history of hospitalization due to mental illness. Exclusion criteria at baseline and during the study were: The patient's treatment team member, Unwillingness to continue the cooperation in each of the stages of research, The impossibility of communicating by phone or visit the patient, Creating severe stressful events during follow-up, death of patient.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 62

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

Mashhad University of Medical Sciences

Street address

School of Nursing and Midwifery

City

Mashhad

Postal code

9177899191

Approval date

2014-11-11, 1393/08/20

Ethics committee reference number

Research/930559/1/227

Health conditions studied

1

Description of health condition studied

Heart failure

ICD-10 code

I50

ICD-10 code description

Heart failure

Primary outcomes

1

Description

Self efficacy

Timepoint

Before and one month after discharge

Method of measurement

Cardiac self efficacy questionnaire

2

Description

Self care

Timepoint

Before and one month after discharge

Method of measurement

European Heart Failure Self-care Behaviour questionnaire(EHFScB)

Secondary outcomes

empty

Intervention groups

1

Description

Experimental group: Self-care education based on teach back method

Category

Other

2

Description

Control group: Usual self-care education

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza hospital
Full name of responsible person
Mrs ghyasi
Street address
Imam Reza hospital
City
Mashhad

2

Recruitment center
Name of recruitment center
Ghaem hospital
Full name of responsible person
Mr rahmanian
Street address
Ghaem hospital
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences Research and Technology
Full name of responsible person
Tafaghodi doctor
Street address
Mashhad University of Medical Sciences Research and Technology
City
Mashhad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mashhad University of Medical Sciences Research and Technology
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
Mashhad University of Medical Sciences
Full name of responsible person
Zakieh Reihani

Position
MSc Student in Nursing
Other areas of specialty/work
Street address
School of Nursing and Midwifery
City
Mashhad
Postal code
Phone
+98 51 3879 5031
Fax
Email
Reihaniz2@mums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Zakieh Reihani
Position
MSc Student in Nursing
Other areas of specialty/work
Street address
School of Nursing and Midwifery
City
Mashhad
Postal code
Phone
+98 51 3879 5031
Fax
Email
Reihaniz2@mums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Zakieh Reihani
Position
MSc Student in Nursing
Other areas of specialty/work
Street address
School of Nursing and Midwifery
City
Mashhad
Postal code
Phone
+98 51 3879 5031
Fax
Email
Reihaniz2@mums.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