Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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 ofsevere 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 ofsevere 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 Behavioure 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

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Zakieh Reihani

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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