

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Comparative assessment the effect of education by health care provider and peer on self-care behaviors and HbA1C in diabetic patients referred to diabetes clinic in Bandar Abbas 2015

Protocol summary

Summary

This study aimed to assess the effect of education by health care provider and peer on self-care behaviors and HbA1C in diabetic patients. In this randomized controlled trial, 120 patients will select and randomly allocate into three groups of education by health care provider, education by peer and control. In the intervention group by health care provider, patients will receive health and self-care education in the field of diabetes by health care provider and in the intervention group by peer, patients will receive this education by peer. In the control group, patient will receive usual education in accordance with normal procedures of the diabetes center. Study instruments include a questionnaire for demographic variables and self-care behaviors (SDSCA) questionnaire and a sheet for record of HbA1C. Data will collect at baseline and 12 weeks after the intervention. Data analysis will done using descriptive and analytic statistics tests.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015122223190N1**

Registration date: **2016-02-11, 1394/11/22**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-02-11, 1394/11/22

Registrant information

Name

Tabandeh Sadeghi

Name of organization / entity

Rafsanjan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3425 5900

Email address

t.sadeghi@rums.ac.ir

Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Sciences

Expected recruitment start date

2015-12-26, 1394/10/05

Expected recruitment end date

2016-04-02, 1395/01/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative assessment the effect of education by health care provider and peer on self-care behaviors and HbA1C in diabetic patients referred to diabetes clinic in Bandar Abbas 2015

Public title

Effect of education by health care provider and peer on diabetes

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: live in bandarabbas; Age between 40-65; Type 2 diabetes; No other disease; Informed consent; Exclusion criteria: Not wanting to collaborate for research; Certain other diseases

Age

From **40 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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**

Ethic Committe of Rafsanjan University of Medical Sciences

Street address

Emam Ali Street, Organizatin Center of Rafsanjan University of Medical Sciences, Rafsanjan

City

Rafsanjan

Postal code**Approval date**

2010-08-20, 1389/05/29

Ethics committee reference number

31.20.953

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

Diabetes

ICD-10 code

E10, E11,

ICD-10 code description

Diabetes mellitus

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

HBA1C

Timepoint

before intervention and 3 months after intervention

Method of measurement

Hemotology test by spectrofotometr

2**Description**

Self care behavior

Timepoint

before intervention and 3 months after intervention

Method of measurement

questionnaire SDSCA

Secondary outcomes

empty

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

In the intervention group by health care provider, patients will receive health and self- care education in the field of diabetes by health care provider for 12 week

Category

Lifestyle

2**Description**

In the control group, patient will receive usual education in accordance with normal procedures of the diabetes center for 12 week.

Category

Treatment - Drugs

3**Description**

In the intervention group by peer, patients will receive health and self- care education in the field of diabetes by peer for 12 week

Category

Treatment - Drugs

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

Diabetes clinic in Bandar Abbas

Full name of responsible person

Zakieh Ahmadi

Street address

plaque27, Pune Alley, shohada street , Bandar Abbas

City

Bandar Abbas

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Mohamadreza Mirzaee

Street address

Rafsanjan, Organization Center of Rafsanjan
University of Medical Sciences

City

Rafsanjan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Rafsanjan University of Medical 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

Rafsanjan University of Medical Sciences

Full name of responsible person

Tabandeh Sadeghi

Position

Nursing PHD, Assistant professor

Other areas of specialty/work

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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