

# 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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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*