

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effect of an educational program based on Teach-Back method on adherence to treatment regimen in patients with end stage renal disease.

Protocol summary

Summary

The aim of this clinical trial was to determine the effect of using teach-back education on the treatment adherence of patients with end stage renal failure. In this randomized clinical trial, 90 patients with end stage renal Disease and undergoing hemodialysis who referred to Sina Hospital , Tehran at 2016 were divided into two groups. In the intervention group, in addition to routine training, teach-back method education in four dimensions of hemodialysis, medication, fluid intake and diet, for 45 min was performed. In the control group, training was only as routine training .Treatment adherence were evaluated in 3 steps including pre-test, post-test (7 days after the intervention), and fallow-up (30 days after the intervention), by using end stage renal disease adherence questionnaire. Age, sex, educational level and duration of hemodialysis in both groups were identified.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017050824277N2**

Registration date: **2017-06-08, 1396/03/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-06-08, 1396/03/18

Registrant information

Name

Mehdi Pakbaz

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2016-05-22, 1395/03/02

Expected recruitment end date

2017-03-05, 1395/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of an educational program based on Teach-Back method on adherence to treatment regimen in patients with end stage renal disease.

Public title

Effect of an educational program based on Teach-Back method on adherence to treatment regimen in patients with end stage renal disease.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: The definitive diagnosis of kidney disease and hemodialysis patient : Age over 18 years : tendency to participate in the study ability to reading and writing : Non-acute disease or acute kidney failure : No other chronic diseases such as stroke, myocardial infarction and malignant tumors : lack of cognitive impairment, speech and hearing Exclusion criteria : unwillingness to continue to cooperate in the study : cognitive impairment, speech and hearing : feet or

transfer the patient to a medical facility

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 90

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**

Ethics committee of University Of Social Welfare and Rehabilitation Sciences

Street address

Kodakyar Ave, Daneshjo Blvd.Evin

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Postal code

1985713834

Approval date

2017-02-04, 1395/11/16

Ethics committee reference number

IR.USWR.REC.1395.290

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

End Stage Renal Disease

ICD-10 code

N18.5

ICD-10 code description

Chronic Kidney Disease, stage 5

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

treatment adherence of patients with end stage renal failure (ESRD).

Timepoint

Before the study, 7 days after of the study, 30 days after of study

Method of measurement

With the End Stage renal Disease Adherence Questionnaire

Secondary outcomes

empty

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

intervention group: Teach-Back education method

Category

Prevention

2**Description**

control group : Routine Educations

Category

Prevention

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

Sina Hospital

Full name of responsible person

Mrs. Babae

Street address

Hasan Abad Squar

City

Tehran

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

Investigator

Full name of responsible person

Akbar Ghanbari

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Grant name

-

Grant code / Reference number

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

Yes

Title of funding source

Investigator

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

University of Social Welfare and Rehabilitation
Sciences

Full name of responsible person

Akbar Ghanbari

Position

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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