

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

Influence of self-care education on Multiple Sclerosis patients` adaptation

Protocol summary

Summary

The purpose of this research was to study the influence of self-care education on adaptation of multiple sclerosis patients. The inclusion criteria were age between 20 to 65 years, educational level of elementary school and higher, not dependent to wheelchair, not being in acute phase of the disease, residence in Arak, willing to participate in the study, member of Multiple Sclerosis Association of Markazi province; and the exclusion criteria were patient's failure in cooperation and death. In this research, 50 eligible patients referring to Multiple Sclerosis Association were chosen purposefully and a code was allocated to each one of them. Then, patients were randomly divided into two control and intervention groups. The intervention was performed in five, 45 minutes sessions for 5 weeks; in the form of face to face education, practical presentation and answering questions, as well as providing educational materials. The data was gathered in three levels; before intervention, one week and four weeks after intervention in the two groups. The initial outcome was adaptation and the secondary outcome was the improvement of social relations.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015100224290N1**

Registration date: **2016-04-12, 1395/01/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-12, 1395/01/24

Registrant information

Name

Zohreh Farahani

Name of organization / entity

Arak Medical University

Country

Iran (Islamic Republic of)

Phone

+98 86 3497 2718

Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences

Expected recruitment start date

2015-11-22, 1394/09/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Influence of self-care education on Multiple Sclerosis patients` adaptation

Public title

Effectiveness of self-care education on Multiple Sclerosis patients` adaptation

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 20-65 years old; educational degree of elementary school and higher; independency on wheelchair; the period of disease not being in serious step of diseases; residence in Arak; having capability and enthusiasm to participation in analysis; aware consent to participation in research; membership in Markazi Multiple Sclerosis Association. Exclusion criteria: failure in

pursuing the educational program; death; patient's dis-cooperation.

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomization method, a random number table.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Arak .University of Medical Sciences

Street address

Arak University of Medical Sciences, Alamoll Huda Street, Railroad Street , Arak

City

Arak

Postal code

Approval date

2015-06-29, 1394/04/08

Ethics committee reference number

ir.arakmu.rec.1394.81

Health conditions studied

1

Description of health condition studied

Multiple Sclerosis

ICD-10 code

G35

ICD-10 code description

Demyelinating diseases of the central nervous system

Primary outcomes

1

Description

adaptation

Timepoint

Before the intervention, after the intervention, 4 weeks after intervention

Method of measurement

Social Adaptation Questionnaire

Secondary outcomes

1

Description

Probable relation

Timepoint

Before the intervention, after the intervention, 4 weeks after intervention

Method of measurement

Social Adaptation Questionnaire

Intervention groups

1

Description

Intervention group:Education in the field of self-care in Multiple Sclerosis patients was performed in five 45-minute sessions in the form of face to face education, question- answer and presentation of educational booklet. It included the familiarity with Multiple Sclerosis disease, self-care education in terms of urinary disorders, self-care education on fatigue and improvement of balance, and also self-care education in the field of spasm and muscular weakness.

Category

Lifestyle

2

Description

Control group: didn't undergo any treatment.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

MS Society of Markazi province

Full name of responsible person

Mr.Amiri

Street address

MS Society of Markazi province, Farabi street, Razavi town, Arak, Iran

City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Arak University of Medical Sciences

Full name of responsible person

Mr.Babaie

Street address

Faculty of Nursing and Midwifery, Arak University of Medical Sciences, Sardasht, Arak

City

Arak

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Vice Chancellor for research of Arak 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

Arak University of Medical Sciences

Full name of responsible person

Zohreh Farahani

Position

Bsc in Operating room Nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

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Person responsible for updating data

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Full name of responsible person

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Position

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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