

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Motivational interview as group therapy for glycemic control and treatment satisfaction of type 2 diabetic patients in Zanjan-Iran

Protocol summary

Summary

In this research we have aimed at studying the effectiveness of group motivational interviewing among type 2 diabetic patients. We wanted to know whether it can be effective on glycemic control as well as the patient's satisfaction. The main inclusion criteria to this study are diagnosis of type 2 diabetes and glycosylated hemoglobin equal or higher than 7. Exclusion criteria are psychotic or other severe mental disorders. The research population consists of all patients with diagnosis of type 2 diabetes with age between 30 to 60, that are under treatment during the research in diabetes clinic and other related outpatient centers in Zanjan-Iran. The sample size will be 30 patients. These patients will randomly allocate into two equal experimental and control groups. Intervention would be four weekly sessions of group motivational interview, each session 90 minutes. The assessments includes lab tests (fasting blood glucose and glycosylated hemoglobin), as well as diabetes treatment satisfaction questionnaire. These assessments will be done on both groups, three times including pre-test, post-test, and follow up. If we find group motivational interview effective in glycemic control of the diabetic patients, we can propose this intervention as a part of diabetes management.

General information

Acronym

MI

IRCT registration information

IRCT registration number: **IRCT2015110724923N1**

Registration date: **2016-07-12, 1395/04/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-12, 1395/04/22

Registrant information

Name

Chiman Salimi

Name of organization / entity

University of Science and Culture

Country

Iran (Islamic Republic of)

Phone

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Email address

chiman@zums.ac.ir

Recruitment status

Recruitment complete

Funding source

Social Determinants of Health Research Center. Zanajn
University of Medical Sciences

Expected recruitment start date

2016-02-06, 1394/11/17

Expected recruitment end date

2016-02-16, 1394/11/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Motivational interview as group therapy for glycemic control and treatment satisfaction of type 2 diabetic patients in Zanjan-Iran

Public title

Motivational interview as group therapy for type 2 diabetic

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:Diagnosis of type 2 diabetes mellitus by an internist or endocrinologis; tUsing diabetes medications; HbA1C = 7 or higher; Age range between 30 and 60; Education level at least high school;Signing informed written consent Exclusion criteria:Psychotic or other severe mental problems; Drug abuse; Cognitive deficits; Gestational diabetes

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Zanjan university of midical seinces, Deputy of research

Street address

Azadi boulevard

City

Zanjani

Postal code

Approval date

2015-09-15, 1394/06/24

Ethics committee reference number

ZUMS.REC.1394.140

Health conditions studied

1

Description of health condition studied

Diabetes Mellitus Type 2

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Glycosylated hemoglobin

Timepoint

pre-test (one week before the first session), post-test (a week after the last session), and follow up (two months after post-test)

Method of measurement

blood test

2

Description

Fasting blood

Timepoint

pre-test (one week before the first session), post-test (a week after the last session), and follow up (two months after post-test)

Method of measurement

blood test

3

Description

Treatment Satisfaction

Timepoint

pre-test (one week before the first session), post-test (a week after the last session), and follow up (two months after post-test)

Method of measurement

diabetes treatment satisfaction questionnaire (DTSQ)

Secondary outcomes

1

Description

client satisfaction

Timepoint

after the final session of motivational interviewing

Method of measurement

client satisfaction questioner (CSQ)

Intervention groups

1

Description

Intervention would be four weekly sessions of group motivational interview, each session 90 minutes. The assessments includes lab tests (fasting blood glucose and glycosylated hemoglobin), as well as diabetes treatment satisfaction questionnaire. These assessment will be done in three times including pre-test, post-test, and follow up. The control group does not any receive intervention. The assessments in control group includes lab tests (fasting blood glucose and glycosylated hemoglobin), as well as diabetes treatment satisfaction questionnaire. These assessments will be done in three

times including pre-test, post-test, and follow up.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Zanjan Diabetic Clinic and other related outpatient centers

Full name of responsible person

Chiman Salimi

Street address

City

Zanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Social Determinants of Health Research Center.
Zanjan University of Medical Sciences

Full name of responsible person

Mazlomzadeh

Street address

Zanjan, the highway Sheikh Fazlullah Nuri, Vali-Asr Hospital, Institute of Metabolic Diseases, Second Floor, Centre for Research on Social Determinants of Health.

City

Zanjan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Social Determinants of Health Research Center. Zanjan 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

Zanjan university of medical sciences

Full name of responsible person

Chiman Salimi

Position

Master of clinical psychology

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