

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### The effect of face to face training and multimedia short message on Self-care, HbA1C and FBS of patients with type I diabetes

#### Protocol summary

##### Summary

This study will have been perform on all Patients with insulin-dependent diabetes who will referred to the emergency department and clinic of Sina Hospital in Tabriz (80 patients) and randomly divide into two groups: face to face training and in-service training. HgA1C will measure before and after 3 months of training and complete on self-care checklist before training and three months after training. The face to face training group received 2 hours of self-care training, nutrition, foot care, injection of insulin and its care And in the short message group, they were given the same materials by telegram and texting for three months. During the study, the fasting blood glucose level was measured and recorded by the patients themselves each day on a specified day. Data were analyzed using SPSS software and multivariate analysis of variance MANOVA, paired and independent t-test.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017060125316N4**

Registration date: **2017-07-31, 1396/05/09**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2017-07-31, 1396/05/09

##### Registrant information

###### Name

Hossein Feizollahzadeh

###### Name of organization / entity

Tabriz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 41 3477 0649

###### Email address

feizollahzadehh@tbzmed.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Tabriz University of Medical Sciences, Vice-chancellor in Research Affairs

###### Expected recruitment start date

2017-08-13, 1396/05/22

###### Expected recruitment end date

2017-11-13, 1396/08/22

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The effect of face to face training and multimedia short message on Self-care, HbA1C and FBS of patients with type I diabetes

###### Public title

The effect of face to face training and multimedia short message on Self-care, HbA1C and FBS of patients with type I diabetes

###### Purpose

Supportive

###### Inclusion/Exclusion criteria

Criteria for entering the study 1) age over 16 year 2) Patients with insulin-dependent diabetes 3) Not having severe heart disease, kidney disease 4) Lack of admission due to ketoacidosis and HHNS 5) Lack of visual impairment and hearing loss and cognitive impairment 6) A resident of Tabriz or villages near Tabriz 7) Acquire informed consent of the participants 8) Having

a mobile phone that has a telegram and SMS program 9) Having reading and writing skills 10) Interested in using a telegram Exit criteria 1) Hospitalization for any reason 2) Travel to distant destinations of the researcher Exit criteria: 1) Hospitalization for any reason 2) Travel to distant destinations of the researcher

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 80

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Single blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Tabriz University of Medical Sciences

**Street address**

Tabriz / Azadi Avenue / Golgast Street / Central Office of the University of Medical Sciences

**City**

Tabriz

**Postal code****Approval date**

2017-07-03, 1396/04/12

**Ethics committee reference number**

IR.TBZMED.REC.1396.269

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

DIABET

**ICD-10 code**

E10

**ICD-10 code description**

E10

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

FBS

**Timepoint**

Three months every week on Friday

**Method of measurement**

Glucometer

**2****Description**

HbA1C

**Timepoint**

Before the intervention, three months after the intervention

**Method of measurement**

Calorimetric Laboratory

**3****Description**

Self-care

**Timepoint**

Before the intervention, three months after the intervention

**Method of measurement**

Toobert and Glasgow self-care questionnaire

**Secondary outcomes**

empty

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

In a face-to-face group of 40, one day, a 2-hour session will be held by the researcher at the General Hall of Sina Hospital for self-care education, in which the proper education of the diet, how to care for the feet of self-care, self-care Monitoring, how to use medications. At the beginning of the session, you will get acquainted with diabetes, its complications, the ways to prevent it, and then exercise, how to control your blood sugar, the right diet, how to use prescription drugs, including oral and insulin therapy hours, sites Injection of insulin and how to adjust the amount, self-care education is provided to patients. It should be noted that during the training session, the lecture will be used along with the video projector and relevant brochure.

**Category**

Lifestyle

**2****Description**

In the intervention group( multimedia short message via telegram) group (40 people), the participant's mobile number or his close relatives (who received the job and

The correct transfer of the message to the participant will be received from him) will be received. Mobile phone in terms of acceptance SMS messages and the availability of the telegram are checked. If there is no dialer, the program will be installed on nearby handsets or participants. During the 3 months the researcher trained during the weekly two times on Saturdays and Tuesdays at 10 am Different types of diets, exercise, foot care, ways to prevent it, how to control your blood sugar, correct diet, how to use prescription drugs, including insulin infusion hours, insulin injection sites and how to adjust it, and Self-care education will be sent to the participants via SMS. A telegram channel will also be created by the researcher, during which the 3-hour texting sent by short message of the same week will be sent to reminders with short video and screenshots by participants on Sundays, Mondays, Wednesdays, and Thursdays 10 am will be received.

**Category**

Lifestyle

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

Sina Hospital

**Full name of responsible person**

Hossein feizollahzadeh

**Street address**

Faculty of Nursing and Midwifery, south Shariati Ave.

**City**

Tabriz

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

Vice Chancellor for research of Tabriz University of Medical Sciences

**Full name of responsible person**

Dr Mohammad Reza Rashidi

**Street address**

Vice Chancellor for research of Tabriz University of Medical Sciences

**City**

Tabriz

**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 Tabriz 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**

Tabriz University of Medical Sciences

**Full name of responsible person**

Hossein Feizollahzadeh

**Position**

Academic Member/ PhD

**Other areas of specialty/work****Street address**

Faculty of Nursing and Midwifery, South Shariati Ave.

**City**

TABRIZ

**Postal code**

5138947977

**Phone**

+98 41 3479 6770

**Fax****Email**

feizollahzadehh@tbzmed.ac.ir

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Tabriz University of Medical Sciences

**Full name of responsible person**

Hossein Feizollahzadeh

**Position**

Academic Member/ PhD

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**Fax****Email**

feizollahzadehh@tbzmed.ac.ir

**Web page address****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*