Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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Email address

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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 researche 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 massage 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

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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