

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Designation the effect of education earning style on self-care in patients with Non-insulin-dependent diabetes

#### Protocol summary

##### Summary

The aim of this study was to determine the effect of education based on Vark learning style in self\_care of patients with type II diabete. The study included 70 patients with type II diabete reffered to clinic "Parsian" in Mashhad, Iran. All participants had taken written consent. First of all, the degree of self\_care level is determined in both itervention and control groups by using a questionnaire following the treatment regimen in patients with Type II diabetes And also learning style of intervention group was determined by using Vark learning style questionnaire, in continue learners in Vark approach, based on exchange ways and responding to the environment, was devided into four categories: visual, auditory, reading / writing and a movement / motion. In the intervention group each person, based on their learning style within the group, had received the necessary training of self-care. Also in the control group the patients received self-care educational content (including physical activity, nutrition, drug regimen, glycemic control) like to diabetes clinic (face to face teaching and learning). Training in the control group as well as intervention groups was provided in two 2-hour sessions (one session for both areas). In both intervention and control groups a self\_care questionnaire is provided to each patient at the end of the second training session. Also one month after intervention, patients completed the self\_caring questionnaire again and were measured their HbA1c levels and fasting blood glucose levels.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015121025470N1**

Registration date: **2016-08-03, 1395/05/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-08-03, 1395/05/13

##### Registrant information

###### Name

Farzane Hozhabr Araghi

###### Name of organization / entity

Mashhad university of medical science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 933 135 3335

###### Email address

hozhabrf921@mums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Mashhad University of Medical Sciences

##### Expected recruitment start date

2015-12-22, 1394/10/01

##### Expected recruitment end date

2016-02-20, 1394/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Designation the effect of education earning style on self-care in patients with Non-insulin-dependent diabetes

##### Public title

The effect of education earning style on self-care in patients with Type II diabetes

##### Purpose

Health service research

## Inclusion/Exclusion criteria

Inclusion criteria: literacy; signing informed consent to participate in research; age between 65-18 years old; the amount of glycosylated hemoglobin between 7 to 9 percent; fasting blood sugar is between 140 and 250 mg. People having the following items will be excluded from the study: shunning to continue participating in research; traveling or hospitalizing; if being absent in one of the training sessions.

## Age

From **18 years** old to **65 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **70**

## 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

Mashhad University of Medical Sciences

##### Street address

Mashhad University of Medical Sciences, Ghoraisy Building, University St., Mashhad

##### City

Mashhad

##### Postal code

#### Approval date

2016-01-27, 1394/11/07

#### Ethics committee reference number

IR.Mums.REC.1394.970

## Health conditions studied

### 1

#### Description of health condition studied

Type II diabetes

#### ICD-10 code

E11

## ICD-10 code description

Non-insulin-dependent diabetes mellitus

## Primary outcomes

### 1

#### Description

Self-Care

#### Timepoint

Before the intervention, immediately after the intervention, one month after the intervention

#### Method of measurement

Questionnaire follow the treatment regimen in patients with type II diabetes

## Secondary outcomes

### 1

#### Description

HbA1c and fasting blood sugar

#### Timepoint

Before and one month after intervention

#### Method of measurement

Biosystems kit for measuring glycated hemoglobin and parsazmun test glucose kit to measure blood glucose hexokinase method

## Intervention groups

### 1

#### Description

In the intervention group each person, based on their learning style within the group, had received the necessary training of self-care. learners in Vark approach, based on exchange ways and responding to the environment, was divided into four categories: visual, auditory, reading / writing and a movement / motion.

#### Category

Other

### 2

#### Description

in the control group the patients received self-care educational content (including physical activity, nutrition, drug regimen, glycemic control) like to diabetes clinic (face to face teaching and learning).

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Parsian Diabetes Clinic

**Full name of responsible person**  
**Street address**  
**City**  
Mashhad

**Web page address**

## Person responsible for scientific inquiries

## Sponsors / Funding sources

**1**

### Sponsor

**Name of organization / entity**  
Mashhad University of Medical Sciences  
**Full name of responsible person**  
Dr. Saieed Eslami  
**Street address**  
Vice Chancellor for research, Mashhad University of  
Medical Sciences, Ghoraishy Building, University St.,  
Mashhad  
**City**  
Mashhad

### Grant name

**Grant code / Reference number**

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

Yes

### Title of funding source

Mashhad 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**  
Mashhad University of Medical Sciences  
**Full name of responsible person**  
Amir Reza Salehi Moghadam  
**Position**  
MSc/ Faculty member  
**Other areas of specialty/work**  
**Street address**  
School of Nursing and Midwifery, Doctora Crossroads,  
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### Contact

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
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MSc student of Midwifery  
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**Email**  
**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*