

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)

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+98 933 135 3335

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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
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Vice Chancellor for research, Mashhad University of
Medical Sciences, Ghoraishy Building, University St.,
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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
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Person responsible for updating data

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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