

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Effectiveness of "Chronic Disease Self-management Program" on reducing arthritis symptoms amongst elder women

Protocol summary

Summary

The purpose of this study is the effect of "Chronic Disease Self-management Program" on Self efficacy skill, Depression, Compatibility with pain and Mobility in Rheumatoid arthritis patients. This study is an interventional study. Participants will be selected from Rheumatoid arthritis patients. The main inclusion criteria is Tabriz elderly resident suffering from rheumatoid arthritis and has a medical record at the Golgashte clinic and exclusion criteria include Elderly people who are suffering from cognitive disorders, Elderly people who are not able to attending meetings according to diagnosed by specialists, Elderly people who diseases's pattern or manage will change during the project. The sample size was obtained 40 persons for each group. After selecting the intervention and control groups, the data will be collected in two stages: The first phase of data collection will be before the intervention and the second stage 1 month after the intervention. Data will be collected using a questionnaire. In the stage before the intervention, the per-test will be done in both intervention and control groups ,and after holding training classes for the intervention group 1 session per week for 6 weeks the post-test will be done in both intervention and control groups. Outcomes of the study are Self efficacy Skill, Depression, Compatibility with pain and Mobility in Rheumatoid arthritis patients, before and after training.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015122425685N1**

Registration date: **2016-02-01, 1394/11/12**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-02-01, 1394/11/12

Registrant information

Name

Nayer Anvar

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 3667 2380

Email address

majid.yousefi@ut.ac.ir

Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2016-03-19, 1394/12/29

Expected recruitment end date

2016-04-19, 1395/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of "Chronic Disease Self-management Program" on reducing arthritis symptoms amongst elder women

Public title

The effect of self management program on elderly women with rheumatoid arthritis

Purpose

Prevention

Inclusion/Exclusion criteria

The inclusion criteria: Elderly people with rheumatoid arthritis that live in Tabriz and has a medical record at the Golgashte clinic. The exclusion criteria: Elderly people who are suffering from cognitive disorders, Elderly people who are not able to attending meetings according to diagnosed by specialists, Elderly people who diseases's pattern or manage will change during the project.

Age

From **36 years** old to **139 years** old

Gender

Female

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)

Not 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

Ethics Committee, Third Floor, Central Building 2,
Tabriz University of Medical Science, Golgashte
street, Tabriz

City

Tabriz

Postal code

Approval date

2015-12-07, 1394/09/16

Ethics committee reference number

TBZMED.REC.1394.815

Health conditions studied

1

Description of health condition studied

Rheumatoid Arthritis

ICD-10 code

(M05, M06

ICD-10 code description

Seropositive rheumatoid arthritis-Other rheumatoid arthritis

Primary outcomes

1

Description

Self Management

Timepoint

Before the intervention and 1 month after interventio

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Self efficacy Skill

Timepoint

Before the intervention and 1 month after intervention

Method of measurement

Questionnaire

2

Description

Depression

Timepoint

Before the intervention and 1 month after intervention

Method of measurement

Questionnaire

3

Description

Mobility

Timepoint

Before the intervention and 1 month after intervention

Method of measurement

Questionnaire

4

Description

Compatibility with pain

Timepoint

Before the intervention and 1 month after intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

The Intervention group: In this study the intervention will be holding the training sessions.

Category

Behavior

2

Description

The control group: Training in control groups is not but after the end of data collection in the end of study, educational pamphlets will be given to the control group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Golgashte Clinic

Full name of responsible person

Anvar Nayer

Street address

Azadi Street, Tee Golgashte, Golgashte Clinic

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Mohammad-Reza Rashidi

Street address

Deputy for Research and Technology, Third Floor, Central Building 2, Tabriz University of Medical Sciences, Golgashte Street, Tabriz

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

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

Nayer Anvar

Position

Geriatrics Health Student

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