

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

The effect of education Based on illness perception on the life style of patients with metabolic syndrome referred to Shiraz diabet clinic in 1394

Protocol summary

Summary

This study is aimed at improving the lifestyle intervention in patients with metabolic syndrome was conducted. 80 patients with a diagnosis of metabolic syndrome by endocrinologist and researcher referred and the inclusion criteria: having at least literate, understand the Persian language, having at least three standard criteria of metabolic syndrome by doctor; having personal satisfaction of taking part in the study, adults older than 20 years and less than 70 years; the presence or absence of acute physical and mental illness. And the Exclusion criteria included: Lack of willingness to participate in research, lack of educational meetings in different stages of design Checked. Lifestyle questionnaire and understanding of the disease and demographic information for patients completed And using the data obtained from the brief illness perception questionnaire prioritization of content and design documents for patients. During the five weeks to three training sessions in person (approximately 60-45 minutes) during the first three weeks and follow-up phone calls were made during the fourth and fifth weeks. Patients in the control group received training routine in cases of metabolic syndrome. At eight weeks of lifestyle intervention patients were investigated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020826437N1**

Registration date: **2017-05-16, 1396/02/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-05-16, 1396/02/26

Registrant information

Name

Mitra Rahimi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 4332 7617

Email address

rahimimit@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2016-03-19, 1394/12/29

Expected recruitment end date

2016-07-10, 1395/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education Based on illness perception on the life style of patients with metabolic syndrome referred to Shiraz diabet clinic in 1394

Public title

The effect of education Based on illness perception on the life style of patients with metabolic syndrome

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria Have least grade of reading and writing ; understanding Farsi ; ; having at least three criteria of the criteria for metabolic syndrome with doctor diagnosis

; Having personal satisfaction from participating in this study ; adults older than 20 years and less than 70 years ; The absence or the occurrence of acute physical and mental illness exclusion criteria : Lack of willingness to participate in research ; Lack of training sessions now in different stages of design

Age

From **20 years** old to **70 years** old

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**

Ethics committee of Shiraz University of Medical Sciences

Street address

seventh floor of Shiraz University of Medical Sciences and health services, next to red crescent organization, Zand blvd

City

Shiraz

Postal code**Approval date**

2015-11-29, 1394/09/08

Ethics committee reference number

IR.SUMS.REC.1394.137

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

metabolic syndrom

ICD-10 code

E88.1

ICD-10 code description

Lipodystrophy, not elsewhere classified

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

life style

Timepoint

Pre intervention & After eight weeks of intervention

Method of measurement

52 Q walker pender questionnaire

Secondary outcomes**1****Description**

illness perception

Timepoint

pre intervention

Method of measurement

questionnaire

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

Group intervention: 5 weeks, approximately 45-60 minutes three times during the first three weeks of training and follow-up phone calls were made during the fourth and fifth weeks. First session: the nature of the disease (defined as illness and disease, and acute or chronic) protests clinical, second session: methods of treatment, complications and the disease affect the life of the third session: ways to improve and control the disease with emphasis on management stress and interpersonal communication, session IV: Ygyry phone (review and follow-up trainings and education on disease control with an emphasis on physical activity and sport), fifth session: follow-up phone (review and follow-up trainings and education on disease control nutrition and diet)

Category

Lifestyle

2**Description**

Routine and common training and an educational pamphlet about disease, metabolic syndrome, received.

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center**

Name of recruitment center

Diabetes Clinic at the clinic shahid Motahari

Full name of responsible person

DR . Hojat Safiyari

Street address

diabetes clinic, second floor, martyr Motahhari clinic,
Namazi Square

City

shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Shiraz University of
Medical Sciences

Full name of responsible person

Dr Gholamreza Hatam

Street address

Seventh floor of Shiraz University of Medical Sciences
and health services, Zand blvd

City

Shiraz

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 Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Mitra Rahimi

Position

Master science student

Other areas of specialty/work

Street address

Hazrat Fatemeh nursing and midwifery college,
Namazi hospital, Namazi square, Shiraz, Fars

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rahimimit@sums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Doctor Mahnaz Rakhshan

Position

Phd in nursing

Other areas of specialty/work

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Name of organization / entity

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Full name of responsible person

Doctor Mahnaz Rakhshan

Position

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Other areas of specialty/work

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http://research.sums.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