Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The impact of resiliency skills on self-efficacy in patients with type II diabetes

Protocol summary

Summary

This study is a randomized clinical trial on 150 patients with type II diabetes were referred to Motahari Clinic in Shiraz . Patients were selected through convenience sampling. Then randomly divided into two groups of intervention and control. Resilience Scale (CD-RISC) and self diabetes (DMSES), before the intervention, immediately after and one month after the intervention in both groups were completed. Program in the experimental group: Six sessions for a month and a half, two hours was carried out. Training topics include: Self-awareness, coping skills with negative mood and depression, anger management skills, stress management and problem solving skills. Patients in the control group received routine training. Inclusion criteria: Diagnosis of type II diabetes by an endocrinologist, aged 30 to 80 years, resiliency score less than 52, the middle and lower self-efficacy, residing in Shiraz. Exclusion criteria: Presence of mental disorders and mental retardation, lack of participation in more than two sessions, attend the same classes Educational

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022726790N1**
Registration date: **2017-03-03, 1395/12/13**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-03-03, 1395/12/13

Registrant information

Name

Zahra Asadabadi por

Name of organization / entity

Fatemeh School of Nursing & Midwifery Shiraz

Country

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Phone

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Recruitment status

Recruitment complete

Funding source

vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2016-07-20, 1395/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of resiliency skills on self-efficacy in patients with type II diabetes

Public title

Resilience impact on diabetic patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Diagnosis of type II diabetes by an endocrinologist, aged 30 to 80 years, resiliency score less than 52, the middle and lower self-efficacy, residing in Shiraz. Exclusion criteria: Presence of mental disorders and mental retardation, lack of participation in more than two sessions, attend the same classes Educational

Age

From **30 years** old to **80 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **150**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

In this study, the method of randomization (table of random numbers) have been selected.

Secondary Ids

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Motahari Clinic, Namaz Square, Shiraz

City

Shiraz

Postal code

Approval date

2016-01-10, 1394/10/20

Ethics committee reference number

IR.SUMS.REC.1394.172

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- efficacy

Timepoint

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

Method of measurement

Diabetes Management Self- efficacy Scale

Secondary outcomes

1

Description

Resilience

Timepoint

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

Method of measurement

Conner- Davidson Resilience scale

Intervention groups

1

Description

Program in the experimental group, Six sessions for a month and a half, two hours was carried out. Training topics include: Self-awareness, coping skills with negative mood and depression, anger management skills, stress management and problem solving skills

Category

Behavior

2

Description

The control group receive training routine

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes Clinic; Motahari Clinic;

Full name of responsible person

Phd Camellia Torabizadeh

Street address

Diabetes Clinic; Motahari Clinic; Namaz Square; Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr Basir Hashemi
Street address
Vice President of Research, Floor 7, Headquarters of Shiraz University of Medical Science, Zand Street, Shiraz
City
Shiraz
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
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

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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*