Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of self-care education through mobile based social networks on perception of stigma related to diabetes in female adolescents with type 1-diabetes

Protocol summary

Summary

(1) Objectives: The aim of this study is to determine The effect of self-care education through mobile based social networks on perception of stigma related to diabete in female adolescents with type 1-diabetes.(2) Design: Participations are divided into 2 groups(intervention:self-care education with take part into telegram , control: take part into telegram without self-care education).(3) Setting and Conduct: In this quasi- experimental research, 80 female adolescents with type 1-diabetes are recruited.(4) Inclusion Criteria: Female adolescents with type I diabetes; Age: 14 to 18 years old; Complete testimonial form by parents and teenagers; Have a mobile phone with Ability to install telegram program until the end of the study; Have an active internet; The lack of any chronic debilitating diseases except of diabetes; Do not have mental illnesses; Do not use psychotropic medications. Exclusion Criteria: Do not continue to participate in the study; Hospitalization; Do not give feedback to the researcher's messages at least one week during the study.(5) Intervention : After they take part into telegram, persons will see messages that are sent by researcher (Self-Care Messages in intervention group and message with another content in control group) for 12 weeks,1 Message every day.(6) Main outcome: perception of stigma related to diabetes in female adolescents with type 1-diabetes is the main variable in this article.

General information

Acronym

stigma related to type 1-diabetes

IRCT registration information

IRCT registration number: **IRCT2016022826813N1**
Registration date: **2016-05-04, 1395/02/15**
Registration timing: **prospective**
Last update:
Update count: **0**

Registration date

2016-05-04, 1395/02/15

Registrant information

Name

Maryam Puryaghoob

Name of organization / entity

Iran University of Medical Sciences, School of Nursing and Midwifery

Country

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Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Iran University of Medical Sciences.

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2016-11-21, 1395/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-care education through mobile based social networks on perception of stigma related to diabetes in female adolescents with type 1-diabetes

Public title
self-care education on perception of stigma related to type 1-diabetes
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion Criteria: Female adolescents with type I diabetes; Age: 14 to 18 years old; Complete testimonial form by parents and teenagers; Have a mobile phone with Ability to install telegram program until the end of the study; Have an active internet; The lack of any chronic debilitating diseases except of diabetes; Do not have mental illnesses; Do not use psychotropic medications. Exclusion Criteria: Do not continue to participate in the study; Hospitalization; Do not give feedback to the researcher's messages at least one week during the study.
Age
From **14 years** old to **18 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
Iran University of Medical Sciences, school of Nursing and Midwifery, Ethics Committee.
Street address
Iran University of Medical Sciences, Next to Milad tower, Hemmat highway, Tehran
City
Tehran
Postal code
Approval date
2016-02-24, 1394/12/05
Ethics committee reference number
IR.IUMS.REC.1394.9311687001

Health conditions studied

1

Description of health condition studied
Diabetes mellitus
ICD-10 code
E10, E11,
ICD-10 code description
Insulin-dependent diabetes mellitus, Non-insulin-dependent diabetes mellitus, Malnutrition-related diabetes mellitus, Other specified diabetes mellitus, Unspecified diabetes mellitus

Primary outcomes

1

Description
Stigma Related To Diabetes Rate
Timepoint
Patients are tested 3 times for stigma rate.(one day before the first day of intervention –three months after the intervention- four months after the intervention).
Method of measurement
Stigma Related To Diabetes Rate Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention: After they take part into telegram, persons will see messages that are sent by researcher (Self-Care Messages) for 12 weeks,1 Message every day.
Category
Lifestyle

2

Description
Control: After they take part into telegram, persons will see messages that are sent by researcher (without Self-Care) for 12 weeks,1 Message every day.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Rasol Akram hospital
Full name of responsible person
Maryam Puryaghoob
Street address
No.167, West Fourth Street, Qods urban, Zanjan.

City
Zanjan

2

Recruitment center
Name of recruitment center
Hazrat Ali Asghar hospital
Full name of responsible person
Maryam Puryaghoob
Street address
No.167, West Fourth Street, Qods urban, Zanjan.
City
Zanjan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Iran University of Medical Sciences.
Full name of responsible person
Naser Bakht
Street address
Iran University of Medical Sciences, Next to Milad tower, Hemmat highway, Tehran.
City
Tehran
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, Iran 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
Iran University of Medical Sciences, School of nursing and midwifery
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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