

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 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

Iran (Islamic Republic of)

Phone

+98 910 441 4066

Email address

puryaghoob.m@tak.iums.ac.ir

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

Full name of responsible person
Maryam Puryaghoob

Position
MSc student of Nursing

Other areas of specialty/work
Street address

Iran University of Medical Sciences, Next to Milad tower, Hemmat highway, Tehran.

City
Tehran

Postal code

Phone
+98 21 8888 2885

Fax

Email
www.iums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Iran University of Medical Sciences, School of nursing and midwifery

Full name of responsible person

Maryam puryaghoob

Position

MSc student of Nursing

Other areas of specialty/work

Street address

School of nursing and midwifery, Yasemi Rashid street, Valiasr street. Tehran.

City
Tehran

Postal code

Phone
+98 21 8888 2885

Fax

Email
www.iums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Maryam puryaghoob

Position

MSc student of nursing

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Street address

Iran University of Medical Sciences, Next to Milad tower, Hemmat highway, Tehran.

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www.iums.ac.ir

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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