Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of self-care education on quality of life of Parkinson's patients referred to Imam Reza (AS) Shiraz University of Medical Sciences in 1396

Protocol summary

Summary

The purpose of the study: The effect of self-care education on quality of life of Parkinson's patients referred to Imam Reza (AS) Shiraz University of Medical Sciences in 1396 Design study: Quantitative, functional, non-experimental descriptive, causal-comparative survey, random. Inclusion criteria: patients with primary diagnosis of Parkinson's that approved by neurologist and follow UK Parkinson Disease Society diagnostic criteria; patients who are in stage 1 to 4 according to the Hoehn and Yahr standard scale; absence of dementia using MMSE diagnostic test. Exclusion criteria: conditions or diseases that lead to a change in the person's physical performance so that is not capable of self_care activities. Study population: Patients with primary diagnosis of Parkinson's that approved by UK Parkinson Disease Society diagnostic criteria referred to Imam Reza (AS) Shiraz University of Medical Sciences in 1396 Target sample size:76 Intervention: Self-care education to Parkinson's patient that divided Intervention group into four smaller groups and participate each one to the six 45-minute sessions over six weeks which will be held one day a week with the aim of promoting knowledge and awareness of the disease patients and complications of the disease.Empower and strengthen the ability of patients in order to make them self-sufficient to take care of themselves and compliance with changes in physical condition and their function. Finally 1 month and 2 months after the educational program parkinson disease quality of life questionnaire will be completed by the patients. Intervention time: 14 weeks Primary outcome measure: quality of life in patient with parkinson's

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016052528061N1**

Registration date: **2017-06-14, 1396/03/24**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-06-14, 1396/03/24

Registrant information

Name

Sharare sadat Shadizad

Name of organization / entity

Shiraz university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 917 320 7019

Email address

stud2280303159@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2017-07-06, 1396/04/15

Expected recruitment end date

2017-08-06, 1396/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-care education on quality of life of Parkinson's patients referred to Imam Reza (AS) Shiraz University of Medical Sciences in 1396

Public title
The effect of education on quality of life in patients with Parkinson's
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: patients with primary diagnosis of Parkinson's that approved by neurologist and follow UK Parkinson Disease Society diagnostic criteria; patients who are in stage 1 to 4 according to the Hoehn and Yahr standard scale; absence of dementia using MMSE diagnostic test. Exclusion criteria: conditions or diseases that lead to a change in the person's physical performance so that is not capable of self_care activities.
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **76**
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

1

Registry name
No
Secondary trial Id
No
Registration date
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shiraz University of Medical Sciences
Street address
Central building of Shiraz University of Medical Science, Zand Ave, Shiraz
City
Shiraz
Postal code
Approval date
2016-12-14, 1395/09/24
Ethics committee reference number
95-7688

Health conditions studied

1

Description of health condition studied
Parkinson's disease
ICD-10 code
G20
ICD-10 code description
Parkinson disease

Primary outcomes

1

Description
Quality of life in patients with Parkinson's
Timepoint
Before the intervention, one month after the end of the intervention, two months after intervention
Method of measurement
De Boer patients with Parkinson's quality of life questionnaire

Secondary outcomes

1

Description
Parkinson's symptoms
Timepoint
Before the intervention, one month after the end of the intervention, two months after intervention
Method of measurement
De Boer patients with Parkinson's quality of life questionnaire

2

Description
Systemic symptoms
Timepoint
Before the intervention, one month after the end of the intervention, two months after intervention
Method of measurement
De Boer patients with Parkinson's quality of life questionnaire

3

Description
Emotional function
Timepoint
Before the intervention, one month after the end of the intervention, two months after intervention
Method of measurement
De Boer patients with Parkinson's quality of life questionnaire

4

Description
Social Performance
Timepoint
Before the intervention, one month after the end of the intervention, two months after intervention
Method of measurement
De Boer patients with Parkinson's quality of life questionnaire

Intervention groups

1

Description
Intervention group: Divided Intervention group into four smaller groups and participate each one to the six 45-minute sessions over six weeks educational program which will be held one day a week with the aim of promoting knowledge and awareness of the disease patients and complications of the disease.Empower and strengthen the ability of patients in order to make them self-sufficient to take care of themselves and compliance with changes in physical condition and their function. Finally 1 month and 2 months after the educational program parkinson disease quality of life questionnaire will be completed by the patients.
Category
Other

2

Description
Control group: no intervention
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Clinic of Imam Reza (AS)
Full name of responsible person
Zahra Zare
Street address
City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz university of medical sciences
Full name of responsible person
Roxana Jan ghorban
Street address
School of Nursing and Midwifery, Namazi Square
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

Contact
Name of organization / entity
School of Nursing and Midwifery
Full name of responsible person
Hashem Rahmati
Position
Master of Science in Nursing / Coach
Other areas of specialty/work
Street address
School of Nursing and Midwifery, Namazi Square
City
Shiraz
Postal code
Phone
+98 71 3647 4258
Fax
Email
Rahmati@sums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
School of Nursing and Midwifery
Full name of responsible person
Hashem Rahmati
Position
Master of Science in Nursing / Coach
Other areas of specialty/work
Street address
School of Nursing and Midwifery, Namazi Square
City
Shiraz
Postal code
Phone
+98 71 3647 4258
Fax

Email
Rahmati@sums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
School of Nursing and Midwifery
Full name of responsible person
Sharare sadat Shadizad
Position
Bachelor of Nursing/ student
Other areas of specialty/work
Street address
School of Nursing and Midwifery, Namazi Square
City
Shiraz
Postal code
Phone
+98 71 3647 4256
Fax
Email
Stud2280303159@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