

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jul 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

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

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016052528061N1**

**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

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### 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

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**Email**

Rahmati@sums.ac.ir

**Web page address****Fax****Email**

Stud2280303159@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

**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*