

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

The effect of education based social cognitive theory on self-care behavior of type 2 diabetes

Protocol summary

2018-01-12, 1396/10/22

Study aim

The purpose of this study was to determine the effect of educational intervention based on sociological cognitive theory on self-care behaviors in type 2 diabetes patients in Mashhad

Design

60 Patients with diabetes will be selected based on inclusion and exclusion. 30 Patients will be in the intervention group and 30 Patients will be in the control group

Settings and conduct

An educational intervention in the intervention group will be conducted for a maximum of one month, with emphasis on the influential structures of the theory by using educational strategy

Participants/Inclusion and exclusion criteria

Having Type II Diabetes, Satisfaction to participate in the study

Intervention groups

Intervention group: educational intervention for a maximum of one month, with emphasis on the influential structures of the theory by using educational strategy
Control group: No intervention

Main outcome variables

Self-care behaviors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160619028529N6**

Registration date: **2018-01-12, 1396/10/22**

Registration timing: **retrospective**

Last update: **2018-01-12, 1396/10/22**

Update count: **0**

Registration date

Registrant information

Name

Hadi Tehrani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3853 8530

Email address

tehranih@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad University of Medical Sciences

Expected recruitment start date

2016-09-16, 1395/06/26

Expected recruitment end date

2017-10-17, 1396/07/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education based social cognitive theory on self-care behavior of type 2 diabetes

Public title

The effect of education on diabetes self care

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Having Type II Diabetes

Exclusion criteria:

Age

No age limit
Gender
Both
Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
N/A
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

Ethics committee of Mashhad University of Medical Sciences

Street address

Vice chancellor for research, Qoreishi Building, Daneshgah 18, Daneshgah Street

City

Mashhad

Province

Razavi Khorasan

Postal code

91388-13944

Approval date

2016-08-05, 1395/05/15

Ethics committee reference number

IR.MUMS.REC.1395.155

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description

Diabetes Self Care

Timepoint

Before intervention.Immediately and 3 months after the intervention

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Construct of Social Cognitive Theory

Timepoint

Before intervention.Immediately and 3 months after the interventio

Method of measurement

Questionnaire

Intervention groups

1

Description

The intervention group received educational content based on effective structures of social cognitive theory. Educational content based on predetermined objectives presented in 4 sessions(90 minutes)

Category

Behavior

2

Description

Control group: No intervention was done for control group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam Hasan Mojtaba Health Center

Full name of responsible person

Mastoreh sadat Ghoreishi

Street address

Alley 73, Hijat St., Qasem Abad,Mashhad

City

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Province

Razavi Khorasan

Postal code

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Fax

+98 51 3854 1514

Email

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr Mohsen Tafaghodi

Street address

Vice President of Research, Qoreishi Building,
Daneshgah 18, Daneshgah Street

City

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Province

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Postal code

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Phone

+98 51 3841 3007

Email

tafaghodim@mums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Mashhad University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries

Contact**Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Hadi Tehrani

Position

Assistance Professor of Health Education and Health
Promotion

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

School of Public Health, Between 16th and 18th
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Person responsible for updating data

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Potential data is sharable after distinguishing people

When the data will become available and for how long

Start the access period one month after the publication of result

To whom data/document is available

Researchers working in academia

Under which criteria data/document could be used

Data is sent through an official request and by email

From where data/document is obtainable

Hadi Tehrani tehranih@mums.ac.ir

What processes are involved for a request to access data/document

Data is sent through an official request and by email

Comments