

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

06 Jul 2026

### The Effect of Electronic Education on Predisposing Factors and Metabolic Control Indicators of Diabetic Patients on Insulin

#### Protocol summary

##### Summary

This study has been done to determine the effects of electronic education on predisposing factors and metabolic control indicators in diabetic patients. Material and method: The present study is a quasi-experimental study, 48 diabetic on insulin patients who referred to Nader Kazemi and Moshir Fatemi clinics participated. They were randomly assigned into two groups of experiment and control. The electronic education program was performed for the experimental group during 3 months while the control group just received the traditional education available in clinical center. Predisposing factors including knowledge, attitude, empowerment and health beliefs, the indicators of metabolic control including fasting blood sugar, hemoglobin A1c, cholesterol, triglyceride, and also body mass index were measured before and after intervention in both groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138901212621N5**

Registration date: **2011-04-24, 1390/02/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-04-24, 1390/02/04

##### Registrant information

###### Name

Marzieh Moattari

###### Name of organization / entity

Shiraz university of medical sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1647 4250

###### Email address

moattarm@sums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Shiraz university of medical sciences

###### Expected recruitment start date

2009-04-04, 1388/01/15

###### Expected recruitment end date

2010-01-20, 1388/10/30

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The Effect of Electronic Education on Predisposing Factors and Metabolic Control Indicators of Diabetic Patients on Insulin

###### Public title

The Effect of Electronic Education on Predisposing Factors and Metabolic Control Indicators of Diabetic Patients on Insulin

###### Purpose

Supportive

###### Inclusion/Exclusion criteria

Inclusion criteria: diagnosed as insulin dependent diabetes, patient or his/her care giver: -is able to check blood sugar by glucometer -is able to inject insulin -is able to use web site (computer literacy) -has personal cell phone -has personal computer and facility to connect net at home, patient has glucometer, Patient doesn't use insulin pump, patient is not pregnant, patient is volunteer to participate in the study. Exclusion criteria:

withdrawing the study or incomplete data entry for more than 4 weeks.

**Age**

From **18 years** old to **40 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **48**

**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**

SHIRAZ UNIVERSITY OF MEDICAL SCIENCES

**Street address**

ZAND STREET

**City**

SHIRAZ

**Postal code****Approval date**

2009-08-29, 1388/06/07

**Ethics committee reference number**

ct-88-4748

**Health conditions studied****1****Description of health condition studied**

diabetes

**ICD-10 code**

E10

**ICD-10 code description**

Insulin-dependent diabetes mellitus

**Primary outcomes****1****Description**

Hb A1c

**Timepoint**

3 months

**Method of measurement**

blood test

**Secondary outcomes****1****Description**

knowledge

**Timepoint**

3 months

**Method of measurement**

questionnaire

**Intervention groups****1****Description**

The intervention of this study was electronic education in which all the subjects in the intervention groups were taught how to use the web site. They were assigned to complete the specially designed forms of nutrition daily or weekly. They also were required to record their blood glucose and the amount of insulin they used. They also were encouraged to use the available information on the site including the overall knowledge related to diabetes, pictures (on different complications on diabetes) and films related to insulin injection. they had the opportunity to contact the health care provider team (physician, nurse, nutritionist). They had also the opportunity consult with them.

**Category**

Other

**2****Description**

the control group received the traditional education available in clinical center.

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Shiraz Diabetic Clinics

**Full name of responsible person**

Dr. M. Moattari

**Street address****City**

Shiraz

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Shiraz University of Medical Science

**Full name of responsible person**

Dr M. Dabaghmanesh

**Street address**

Shiraz University of Medical Sciences

**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 Science

**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**

Shiraz University of Medical Sciences

**Full name of responsible person**

Dr. M. Moattari

**Position**

PhD of Nursing

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**Street address**

Nursing College

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moattarm@sums.ac.ir

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## Person responsible for scientific inquiries

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## Person responsible for updating data

### Contact

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**Other areas of specialty/work**

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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*