

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Aug 2026

The effect of the telenursing using a mobile application on the lifestyle and glycosylated hemoglobin in patients with type 2 diabetes referred to diabetes center of Motahari clinic 1395

Protocol summary

Summary

(1) Objective: The effect of the telenursing using a mobile application on the life style and glycosylated hemoglobin in patients with type 2 diabetes. (2) Design: randomized clinical trial. (3) Setting and conduct: 132 diabetic patients referred to diabetes clinic in Shiraz elected who wish to participate in the study. Completion lifestyle questionnaire and Will be measured testing HbA1C, blood pressure, height and weight and is calculated BMI all participants, Then people will be divided into two experimental and control groups with randomly assigned. Educational content through software that is installed on the mobile phone given to the intervention group. The control group will participate in routine clinic classes. Three months later complete lifestyle questionnaires and Will be measured testing HbA1C, blood pressure and weight and is calculated BMI all participants. (4) Inclusion criteria: Diabetes Mellitus Type II and requires daily injections of insulin; consent to participate in the study; Having a mobile phone with the ability to install application. (5) Exclusion criteria: Not wanting to continue participating in study; Hospitalization. (6) Interventions: The use of educational software of mobile for patients with diabetes. (7) main outcome measures: changes in life style and reduce HbA1C.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016101630320N1**

Registration date: **2016-11-12, 1395/08/22**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-11-12, 1395/08/22

Registrant information

Name

Zahra Jalali

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellery for research affairs

Expected recruitment start date

2016-11-20, 1395/08/30

Expected recruitment end date

2017-02-18, 1395/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of the telenursing using a mobile application on the lifestyle and glycosylated hemoglobin in patients with type 2 diabetes referred to diabetes center of Motahari clinic 1395

Public title

The effect mobile application on blood sugar control and lifestyle diabetics

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Diabetes Mellitus Type II and requires daily injections of insulin (based on the detection endocrinologist, citing patient record); The minimum literacy education (the educated are not medical science.); Traverse at least one year of their infection diagnosed diabetes (condition is stabilized); Having the ability to understand content based on investigator judgment; Having to know the Persian language; Non-pregnant women; Consent to participate in the study; Having a mobile phone with the ability to install applications; The ability to work with Mobile App; Lack of immune deficiency diseases; No underlying chronic disease; Exclusion criteria: Not wanting to continue participating in study; Failure to submit blood sugar for a week; Hospitalization

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 132

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**

Ethics Committee of Shiraz University of Medical Sciences

Street address

Ethics Committee, Seventh floor, Shiraz University of Medical Sciences, next to the Red Crescent Headquarters, Zand Ave., Shiraz

City

Shiraz

Postal code

71345-1978

Approval date

2016-09-25, 1395/07/04

Ethics committee reference number

IR.SUMS.REC.1395.110

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

Diabetes Mellitus type II

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

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

Glycosylated hemoglobin

Timepoint

Before intervention, three months after intervention

Method of measurement

Blood test

2**Description**

Life style

Timepoint

Before intervention, three months after intervention

Method of measurement

Life style Questionnaire

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

Body mass index

Timepoint

Before intervention, three months after intervention

Method of measurement

Weight (kg)/ height (m)²

2**Description**

Blood Pressure

Timepoint

Before intervention, three months after intervention

Method of measurement

Sphygmomanometer

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

In the experimental group using the software that is installed on their mobile phone, learning about diabetes,

exercise, nutrition, foot care, diabetes and prevent complications they are given. Patients can also have your insulin levels and blood sugar in the application record.

Category

Lifestyle

2

Description

The control group receives routine care.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes clinic of Motahari Clini

Full name of responsible person

Tahereh Pakfetrat

Street address

Diabetes Clinic, Shahid Motahari Clinic, Namazi Square

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shiraz University of Medical Science

Full name of responsible person

Dr. Seyed Basir Hashemi

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Vice chancellor for research, seventh floor, Shiraz University of Medical Sciences, next to the Red Crescent headquarters, Zand Ave., Shiraz

City

Shiraz

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, 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 Science, Shiraz Hazrate Fatemeh Nursing and Midwifery college

Full name of responsible person

Dr. Zahra Molazem

Position

PhD, Associate professor of nursing education

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