

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of text message and educational videos on treatment outcomes of hand disability of patients with flexor tendon injuries

Protocol summary

Study aim

The main purpose of this study is to survey the effect of sending SMS and educational video link on the treatment outcomes regarding the range of motion of damaged fingers, grip strength and disability of hand as well as VAS score, MAYO score, and PRWE score on the patients with flexor tendon injuries.

Design

This randomized controlled trial (RCT) study is a 12-weeks, two-arm, parallel RCT to evaluate the effectiveness of a text message-based intervention, on primary and secondary outcomes of patients with flexor tendon injury after repair. Forty patients will be randomized in a 1:1 ratio to either the intervention group or the control group using an online random number generator and the sequence will be concealed in sequentially numbered sealed envelopes.

Settings and conduct

setting: Imam Reza Hospital in Mashhad The study is randomized, one blinded, parallel and in a single center

Participants/Inclusion and exclusion criteria

Main inclusion criteria: Patients with flexor tendon injuries after repair Exclusion criteria: Patients who have tendon injury with fracture

Intervention groups

Patients who are underwent flexor tendon repair in the intervention groups will receive text messages about postoperative care for 12 weeks at no cost the day after the patient is discharged from the hospital in addition to usual care. Patients in the control group will receive only usual care.

Main outcome variables

Patient Rated Wrist Evaluation score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170731035411N1**

Registration date: **2017-12-14, 1396/09/23**

Registration timing: **prospective**

Last update: **2019-09-09, 1398/06/18**

Update count: **1**

Registration date

2017-12-14, 1396/09/23

Registrant information

Name

Farnaz Khoshrounejad

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3840 8265

Email address

khoshrounf941@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Research of Mashhad University of Medical Sciences

Expected recruitment start date

2018-08-23, 1397/06/01

Expected recruitment end date

2019-09-21, 1398/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of text message and educational videos on treatment outcomes of hand disability of patients with flexor tendon injuries

Public title

The effect of text message and educational videos on patients with tendon injuries

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

patients who have flexor tendon injury with no fracture
patients who are underwent flexor tendon repair Patients who have a cell phone

Exclusion criteria:

Patients who do not agree to continue their cooperation

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Care provider
- Data analyser

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Method of randomization is simple individual randomization. We use a website for the random sequence using an online random number generator. A member of the research team will conceal the assignment of subjects to each group in sequentially numbered opaque, sealed envelopes.

Blinding (investigator's opinion)

Single blinded

Blinding description

Outcome assessor and care providers will be blinded in our study and they will not know the group of patients that their outcomes will be evaluated.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Deputy of Research of Mashhad University of Medical Sciences

Street address

Deputy of Research of Mashhad University of Medical Sciences, Faculty of Medicine, Azadi Square, Mashhad

City

Mashhad

Province

Razavi Khorasan

Postal code

13944-91388

Approval date

2017-08-23, 1396/06/01

Ethics committee reference number

IR.MUMS.fm.REC.1396.247

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

Hand flexor tendon injuries

ICD-10 code

S66.1

ICD-10 code description

Injury of flexor muscle, fascia and tendon of other and unspecified finger at wrist and hand level

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

Patient Rated Wrist Evaluation score

Timepoint

sixth week and twelfth week after the start of the intervention

Method of measurement

Patient Rated Wrist Evaluation (PRWE) questionnaire

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

pain score

Timepoint

Sixth week and twelfth week after the start of the intervention

Method of measurement

Visual Analogue Scale

2**Description**

Mayo Wrist Score

Timepoint

Sixth week and twelfth week after the start of the intervention

Method of measurement

Checklist

3**Description**

GRIP strength

Timepoint

Sixth week and twelfth week after the start of the

intervention
Method of measurement
hydraulic hand dynamometer

4

Description
Disabilities of Arm, Shoulder & Hand score
Timepoint
Sixth week and twelfth week after the start of the intervention
Method of measurement
Quick-DASH questionnaire

Intervention groups

1

Description
Intervention group: patients in this group will receive text messages and video links about postoperative care for 12 weeks at no cost. The intervention will be provided in addition to usual care provided to all patients with flexor tendon injury after surgery.
Category
Rehabilitation

2

Description
Control group: patients will receive the usual care provided to all patients with flexor tendon injury after surgery.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam Reza Hospital
Full name of responsible person
Saeed Eslami Hasan Abadi
Street address
Deputy of Research of Mashhad University of Medical Sciences, Faculty of Medicine, Azadi Square, Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
13944-91388
Phone
+98 51 3882 7049
Email
Khoshrounf941@mums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Dr. Ali Akbar SaberMoghadam
Street address
Deputy of Research of Mashhad University of Medical Sciences, Faculty of Medicine, Azadi Square, Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
13944-91388
Phone
+98 51 3882 7049
Email
Khoshrounf941@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
Khoshrounejad Farnaz
Position
Master Student in Medical Informatics/Student
Latest degree
Bachelor
Other areas of specialty/work
Medical Informatics
Street address
Department of Medical Informatics, Faculty of Medicine of Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
13944-91388
Phone
+98 51 3840 8265

Fax
Email
Khoshrounf941@mums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Eslami Hasan Abadi Saeed
Position
PhD in Medical Informatics
Latest degree
Ph.D.
Other areas of specialty/work
Medical Informatics
Street address
Department of Medical Informatics, Faculty of
Medicine of Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
13944-91388
Phone
+98 51 3882 7049
Fax
Email
Eslamis@mums.ac.ir
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Khoshrounejad Farnaz
Position

Master of Student in Medical Informatics/Student
Latest degree
Bachelor
Other areas of specialty/work
Medical Informatics
Street address
Department of Medical Informatics, Faculty of
Medicine of Mashhad
City
Mashhad
Province
Razavi Khorasan
Postal code
13944-91388
Phone
+98 51 3840 8265
Fax
Email
khoshrounf941@mums.ac.ir
Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available