Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Determining effect of self-caring using Tele-Nursing on major thalassemia teenagers self-efficacy

Protocol summary

Study aim

Determination the effect of self-caring using tele-Nursing on teenagers self-efficacy suffered from major Thalassemia.

Design

In the present study 30 major thalassemia teenagers having proper condition for participating in the research and went to Shahid-Dast Gheyb hospital of Shiraz are selected. Sampling method considering classifying were divided to two groups randomly , but considering samples selection, is non-random and target-based and a code were given to each participants.

Settings and conduct

This survey will be conducted semi-experimental intervention in Dast-Gheyb hospital, which is center of children admitting in the province. Which in intervention group, self-caring teaching is performed in six Telegram contact during 8 weeks with subjects including: nutrition, sport and stress management using tele-Nursing method in major thalassemia teenagers. Teenagers Self-efficacy questionnaires (SEQ-C) was used in both groups before and after intervention.

Participants/Inclusion and exclusion criteria

Indices for entering and exiting research include: tending to participate in the study and telephone teaching, having active file records in thalassemia section of the hospital, having cell phone personally or in family or having ability for installing Telegram application.

Intervention groups

In the present study, the self-caring include: proper nutrition and sport and physical education and stress management and practice of practical methods of overcoming stress using tele-nursing method through 6 telegram contact during 8 weeks in intervention group will be performed , and control group just received routine teaching of thalassemia section

Main outcome variables

In the present study self-caring were measured, using tele-nursing(independent variable) and self-efficacy level in thalassemia teenagers (dependent variable).

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170826035907N1**
Registration date: **2018-01-01, 1396/10/11**
Registration timing: **retrospective**

Last update: **2018-01-01, 1396/10/11**
Update count: **0**

Registration date

2018-01-01, 1396/10/11

Registrant information

Name

Tahereh Tarakmeh

Name of organization / entity

The Islamic Azad University, Tehran Medical Branch

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Recruitment status

Recruitment complete

Funding source

Islamic Azad University, Tehran Medical Branch

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2017-10-22, 1396/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determining effect of self-caring using Tele-Nursing on major thalassemia teenagers self-efficacy

Public title

The effect of self-caring using Tele-Nursing on thalassemia teenagers self-efficacy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Indices for entering and exiting research include: tending to participate in the study and telephone teaching Having active file records in thalassemia section of the hospital Lack of serious disorder in parents and another family members Having cell phone personally or in family or having ability for installing Telegram application. Lack of behavioral, mental, hearing and speech disorders according to the medical records and lack of another same as diabetic and cardiac disease Teenager disease lasting more than a year

Exclusion criteria:

Age

From **13 years** old to **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization

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 on Research in Islamic Azad University, Tehran Medical Branch

Street address

Islamic Azad University, Tehran Medical Sciences Branch, Khaghani St, Shariati St, Tehran.

City

Tehran

Province

Tehran

Postal code

1916893813

Approval date

2017-07-26, 1396/05/04

Ethics committee reference number

IR.IAU.TMU.REC.1396.104

Health conditions studied

1

Description of health condition studied

Thalassemia in adolescents

ICD-10 code

D56.1

ICD-10 code description

Beta thalassaemia

Primary outcomes

1

Description

Efficacy

Timepoint

Before intervention, three months after the intervention

Method of measurement

Children and teenagers Self-efficacy Scale (SEQ-C)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: in this group, self-caring teaching using tele-nursing through telegram in form of contacting 6 telegram call during 8 weeks.

Category

Lifestyle

2

Description

Control group: in this group just routine teaching were received.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Dastgheib Hospital in Shiraz

Full name of responsible person
Tahereh Tarakmeh

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Sponsors / Funding sources

1

Sponsor

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Islamic Azad University

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
Islamic Azad University

Full name of responsible person
Tahereh Tarakmeh

Position
Senior Nursing Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
I do not plan to publish it.
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
Yes - There is 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
Title and more details about the data/document
Delivering Ethic forms to patients and completing them
When the data will become available and for how long
After completing the project
To whom data/document is available
patient
Under which criteria data/document could be used
Notice the result of the project
From where data/document is obtainable
Research Deputy
What processes are involved for a request to access data/document
Request by patient to the research deputy via letter
Comments