

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

A Clinical trial to study the effect of motivational interview on adherence to therapy, self-efficacy and self-management in adolescents with asthma

Protocol summary

Study aim

The purpose of this study was to determine the effect of motivational interview on adherence to treatment, self-efficacy and self-management in adolescents with asthma.

Design

In this research, 72 adolescents with asthma who are eligible for inclusion in the study will be selected and will be randomly assigned to two groups of test and control, and will be assigned a unique code to each participants.

Settings and conduct

After sampling from Vali-e-Asr Hospital clinic and obtaining written consent from parents, for both groups will be completed demographic information and medical adherence questionnaire, self-efficacy and asthma self-management questionnaire. The intervention group is then randomly divided into three subgroups of 12 people and a motivational interview will be conducted in 5 weeks and one week each week. The control group will not receive any intervention. After and three months after the intervention, will be completed the Asthma adherence and self-management and self-management Questionnaire.

Participants/Inclusion and exclusion criteria

Diagnosis of asthma from a year ago or more by a specialist physician; being at the age of 9-15 years

Intervention groups

In the intervention group, the motivational interview will be conducted in accordance with the Miller and Ronik principles in 5 sessions. The structure of weekly meetings from a group intervention book will be derived from a five-session motivational interview. The control group will not receive any intervention.

Main outcome variables

Main outcome variables: Adherence to therapy, self-efficacy and self-management

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170902036026N3**

Registration date: **2018-01-27, 1396/11/07**

Registration timing: **retrospective**

Last update: **2018-01-27, 1396/11/07**

Update count: **0**

Registration date

2018-01-27, 1396/11/07

Registrant information

Name

Fatemeh Taheri

Name of organization / entity

Birjand University of Medical Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Birjand University of Medical Sciences

Expected recruitment start date

2016-10-24, 1395/08/03

Expected recruitment end date

2017-05-22, 1396/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
A Clinical trial to study the effect of motivational interview on adherence to therapy, self-efficacy and self-management in adolescents with asthma

Public title
The Effect of Motivational Intervewing on treatment adherence , self-efficacy and self-management among adolescents whit asthma

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Asthma diagnosis from one year or more by a specialist
Parent's informed consent and person's willingness to participate in the study
Having a 9-15 age
Having reading and writing skills
Using at least one inhaler
Exclusion criteria:
Having no mental problems

Age
From **9 years** old to **15 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description
A simple randomization is that a number is chosen between 1 and 10 in a draw and placed in the intervention group, then will be placed every other individual into two groups.

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 Birjand University of Medical Sciences
Street address
University of Medical Sciences,Ghaffari Street,Birjand
City

Birjand
Province
South Khorasan
Postal code
9717853577
Approval date
2016-11-28, 1395/09/08
Ethics committee reference number
IR.BUMS.NEC.1395179

Health conditions studied

1

Description of health condition studied
Asthma
ICD-10 code
J45.9
ICD-10 code description
Asthma, unspecified

Primary outcomes

1

Description
Adherence to Therapy
Timepoint
Before intervention, After intervention, three months after intervention
Method of measurement
Self-Reporting Questionnaire on Adherence to Therapy and Asthma Control

2

Description
Self-Efficacy
Timepoint
Before intervention, after intervention, three months after intervention
Method of measurement
Asthma Self-Efficacy Questionnaire

3

Description
Self-management
Timepoint
Before intervention, After intervention, three months after intervention
Method of measurement
Self-Management 21 Item Questionnaire

Secondary outcomes

1

Description
-
Timepoint
-

Method of measurement

-

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

Intervention group: The motivational interview will be conducted in accordance with the Miller and Runic principles in 5 sessions. the structure of weekly meetings will be extracted from a motivational interviewing group intervention book with a five-session structure.

Category

Behavior

2**Description**

Control group: no intervention will be received

Category

N/A

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

Valiasr Hospital

Full name of responsible person

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for research, Birjand University of Medical Sciences

Full name of responsible person

Tuba Kazemi

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Research and Technology Deputy, Third Floor of Education and Research Building, University of Medical Sciences, Birjand, Iran

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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

Vice chancellor for research, Birjand 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**

Valiasr Hospital

Full name of responsible person

Fatemeh taheri

Position

Nurs

Latest degree

Master

Other areas of specialty/work**Street address**

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Nursing School

Full name of responsible person

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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
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Information about the main consequence
When the data will become available and for how long
One year after the results' publication
To whom data/document is available
Academic researchers
Under which criteria data/document could be used
It is not allowed to do any analyzes on the data
From where data/document is obtainable
f.taheri@bums.ac.ir
What processes are involved for a request to access data/document
Researcher's profile and university
Comments