Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of self care education through social networks on quality of life in type 1 diabetic patients

Protocol summary

Summary

The purpose of this study was to investigate the effect of self-care education through virtual social networks based on the telegram network and through SMS on the quality of life of patients with type 1 diabetes. The criteria for entering the study include: age range of 33 to 13 years old, living in Sanandaj. Over a year of diagnosis of type 1 diabetes - Having a history of insulin injections - A case of acute illness that affects the quality of life of the patient during the previous month - Reading and writing literacy by the patient or his caregiver - A commitment to the company In a mobile-based study, use SMS or social networking services such as a telegram, Naite reading SMS-No known psychological illnesses-A lack of advanced diseases in your vital organs, such as the liver and kidneys - will be considered as an adult with severe vision and hearing impairment. Exit criteria include: - During the hospital during the study, the reluctance to continue to be included in the study will be considered. In this case, alternative samples are considered. A total of 80 patients with type 1 diabetes are selected. The participants in the study are randomly divided into two groups of intervention and control. A questionnaire is developed through creating a telegram channel to the intervention group of self-care education. Quality of life is completed in two groups, once before intervention and once after intervention.

General information

Acronym

The effect of self care education through social networks on quality of life in type 1 diabetic pati

IRCT registration information

IRCT registration number: **IRCT2017092336362N1**
Registration date: **2017-11-06, 1396/08/15**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2017-11-06, 1396/08/15

Registrant information

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Name of organization / entity
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Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2017-10-25, 1396/08/03

Expected recruitment end date

2017-12-24, 1396/10/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self care education through social networks on quality of life in type 1 diabetic patients

Public title

The effect of self care education through social networks on quality of life in type 1 diabetic patients

Purpose

Health service research

Inclusion/Exclusion criteria

The criteria for entering the study include: - Age range of 13-33 years old, resident of Sanandaj city - more than one year of diagnosis of type 1 diabetes - having a history of insulin injections - no evidence of an illness that affects the quality of life of the patient during a period of one Last month - Reading and writing literacy by the patient or his caregiver - Exercise for studying in a cell phone - Using SMS or social networking services such as a telegram - Also able to read SMS - No known psychological illnesses - Lack of advanced disease in its vital organs, such as the liver and kidneys - No serious vision impairment And hearing will be considered. Exit criteria include: -During the hospital during the study, the reluctance to continue to be included in the study will be considered. In this case, alternative samples are considered.

Age

From **13 years** old to **33 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Samples were randomly divided into two groups

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kurdistan University of Medical Sciences

Street address

Sanandaj Street Pasdaran opposite Shadi Hotel Kurdistan University of Medical Sciences

City

Sanandaj

Postal code

6618634683

Approval date

2017-01-20, 1395/11/01

Ethics committee reference number

IR.MUK.REC.1395.337

Health conditions studied

1

Description of health condition studied

Type 1 diabetes

ICD-10 code

E10

ICD-10 code description

O24.-

Primary outcomes

1

Description

Quality of Life

Timepoint

60dey

Method of measurement

Using the questionnaire

Secondary outcomes

1

Description

Quality of Life

Timepoint

60dey

Method of measurement

questionnaire

Intervention groups

1

Description

Training tips on type 1 diabetes care are being taught to patients through a training network.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Diabetes Center, Tohid Hospital, Sanandaj

Full name of responsible person

Doctor shakiba

Street address

Sanandaj Tohid Hospital

City

Sanandaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for reserch of Sanandaj University of Medical Sciences

Full name of responsible person
Hamzeh Mohammadi

Street address
Sanandaj, opposite Shadi Hotel, Kurdistan University of Medical Sciences

City
sanandaj

Grant name

Grant code / Reference number

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

Title of funding source
Vice chancellor for reserch of Sanandaj University of Medical Sciences

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
Kurdistan University of Medical Sciences

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Hamzeh Mohammadi

Position
Nursing Graduate Student

Other areas of specialty/work

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Web page address

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