

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Study of the effect of education by teach-back method on self-efficacy and health promoting life style of patients with type 2 diabetes

Protocol summary

Study aim

Determination of the effect of education by teach-back method on self-efficacy and health promoting life style of patients with type 2 diabetes

Design

A quasi-experimental clinical trial with two intervention and control groups, a simple random sampling, and a sample size of 76 people.

Settings and conduct

The present study is a pre test and post test semi-experimental intervention that will be carried out in the Gonabad Diabetes Clinic.

Participants/Inclusion and exclusion criteria

Inclusion criteria: People over the age of 18 who at least six months from the diagnosis of type 2 diabetes by the physician. Have no history of participating in diabetes training programs over the past six months. There is a possibility of direct contact with individuals and their active members of the family Exclusion criteria: Absence in a training session

Intervention groups

In intervention group, in addition to routine training for diabetes clinic, an educational program will be designed in four sessions in the form of retraining on self-efficacy and a health promotion lifestyle, along with educational pamphlets. In the control group, routine training for diabetes clinic will be given. One month after the completion of the training sessions, the questionnaires will be completed by people with diabetes in two groups. And the impact of this approach will be compared.

Main outcome variables

Planning to improve the health promoting lifestyle;
Reduce complications from diabetes

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171027037036N2**

Registration date: **2018-08-24, 1397/06/02**

Registration timing: **retrospective**

Last update: **2018-08-24, 1397/06/02**

Update count: **0**

Registration date

2018-08-24, 1397/06/02

Registrant information

Name

rasool raznahan

Name of organization / entity

Iran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 915 648 0755

Email address

raznahan.r@tak.iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2018-01-10, 1396/10/20

Expected recruitment end date

2018-06-20, 1397/03/30

Actual recruitment start date

2018-01-20, 1396/10/30

Actual recruitment end date

2018-05-20, 1397/02/30

Trial completion date

empty

Scientific title

Study of the effect of education by teach-back method on self-efficacy and health promoting life style of patients with type 2 diabetes

Public title

The effect of education by teach-back method on self-efficacy and health promoting life style of patients with type 2 diabetes

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

At least six months from the diagnosis of type 2 diabetes by the physician People over the age of 18 who do not have a known mental illness Have no history of participating in diabetes training programs over the past six months Have the ability to read and write There is a possibility of direct contact with individuals and their active members of the family They are not part of the health care

Exclusion criteria:

A person has a new physical condition that loses his or her ability to care for Absence in a training session

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **74**

Actual sample size reached: **74**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features

Quasi- Experimental study

Secondary Ids

empty

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

Ethics Committee of Iran University of Medical Sciences

Street address

Hemat Highway next to Milad Tower, Iran University of Medical Sciences

City

Tehran

Province

Tehran

Postal code

1449614535

Approval date

2017-11-01, 1396/08/10

Ethics committee reference number

IR.IUMS.FMD.REC 1396.9511690003

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

patients with type 2 diabetes.

ICD-10 code

E08

ICD-10 code description

Diabetes mellitus due to underlying condition

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

self-efficacy

Timepoint

Determine the self-efficacy of type 2 diabetics at the beginning of the study and one month after the intervention

Method of measurement

DMSES

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

health promoting life style

Timepoint

Determining the health promoting lifestyle at the beginning of the study and one month after the intervention

Method of measurement

HPLP II

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

This is a pre-test and post-test semi-experimental intervention study in which the effect of education by teach-back method on self-efficacy and health promoting life style of patients diabetes will be investigated.

Category

Lifestyle

Recruitment centers**1****Recruitment center**

Name of recruitment center

Bohlool hospital

Full name of responsible person

Dr Alii

Street address

Next to the Asian Road, Gonabad University of
Medical Sciences, Gonabad, Khorasan Razavi
Province, Iran

City

Gonabad

Province

Razavi Khorasan

Postal code

9691797852

Phone

+98 51 5723 6828

Email

Bohlool@gmu.ac.ir

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

rasool raznahan

Position

Student Master

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

School of Nursing & Midwifery, Rashid Yasemi st.,
Valiasr St., Tehran

City

Tehran

Province

Tehran

Postal code

1996713883

Phone

+98 915 648 0755

Fax**Email**

rr4239@yahoo.com

Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

Malakouti SK

Street address

Shahid Hemmat Highway, Tehran

City

Tehran

Province

Tehran

Postal code

1449614535

Phone

+98 21 8670 2503

Email

research@iums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Iran 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****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

farahaninia

Position

Master of nursing

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

School of Nursing & Midwifery, Rashid Yasemi st.,
Valiasr St., Tehran

City

Tehran

Province

Tehran

Postal code

1996713883

Phone

+98 21 8888 2885

Fax**Email**

mary_f2008@yahoo.ca

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Iran University of Medical Sciences

Full name of responsible person

rasool raznahan

Position

Student Master

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

School of Nursing & Midwifery, Rashid Yasemi st.,
Valiasr St., Tehran

City

Tehran

Province

Tehran

Postal code

1996713883

Phone

+98 915 648 0755

Fax

Email

rr4239@yahoo.com

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