Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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
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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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Malakouti SK
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Shahid Hemmat Highway, Tehran
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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
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
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Position
Student Master
Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

Contact
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Iran University of Medical Sciences
Full name of responsible person

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Position

Student Master

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

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

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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