Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of telephon follow up care on quality of life in hemodialysis patients.

Protocol summary

Study aim
Determining the effect of follow-up care on quality of life in hemodialysis patients referring to hospitals in Hamedan

Design
In this research, 60 eligible patients referring to hemodialysis center will be chose purposefully. Then, patients randomly will be divided into two control and intervention groups.

Settings and conduct
The intervention will include telephone follow up and training related to hemodialysis patients based in Besat Hospital. The texting follow-up content is provided by the research team on the basis of authoritative scientific references in this area. Telephone follow up will be done within 6 consecutive weeks , so that the researcher at least 6 weekly texts in Persian will be up to 160 letters in relation to the treatment acceptance behaviors associated with quality of life (diet, exercise And physical activity, drug regimen and ...).

Participants/Inclusion and exclusion criteria
Inclusion criteria : Having informed consent to enter the study; mobile access and ability to speaking Exclusion criteria : Failure to receive SMS more than two consecutive times and death.

Intervention groups
Telephone follow up will be done within 6 consecutive weeks , so that the researcher at least 6 weekly texts in Persian will be up to 160 letters in relation to the treatment acceptance behaviors associated with quality of life (diet, exercise And physical activity, drug regimen and ...).

Main outcome variables
Quality of life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20160110025929N8**
Registration date: **2018-02-10, 1396/11/21**
Registration timing: **registered_while_recruiting**

Last update: **2018-02-10, 1396/11/21**
Update count: **0**

Registration date
2018-02-10, 1396/11/21

Registrant information

Name
Mehdi Molavi Vardanjani

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2017-12-22, 1396/10/01

Expected recruitment end date
2018-12-22, 1397/10/01

Actual recruitment start date
2018-01-10, 1396/10/20

Actual recruitment end date
2019-01-10, 1397/10/20

Trial completion date
empty

Scientific title
The effect of telephon follow up care on quality of life in hemodialysis patients.

Public title

Effect of telephon follow up care on quality of life in patient

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Having informed consent to enter the study Having Mobile access and speaking ability Three months passed from the onset of dialysis.

Exclusion criteria:

Failure to receive SMS more than two consecutive times Deaths of hemodialysis patients

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be done using the permutation block method.

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

Research Ethics Committee of Hamadan Universirt of Medical Sciences

Street address

Hamadan University of Medical Sciences,Hamadan

City

Hamdan

Province

Hamadan

Postal code

38698-65178

Approval date

2017-11-25, 1396/09/04

Ethics committee reference number

IR.UMSHA.REC.1396.569

Health conditions studied

1

Description of health condition studied

Chronic kidney disease

ICD-10 code

N18.5

ICD-10 code description

Chronic kidney disease, stage 5

Primary outcomes

1

Description

Quality of life

Timepoint

before and after intervention

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Telephone follow up will be done within 6 consecutive weeks (36), so that the researcher will study at least 6 SMS in Persian for up to 160 letters each week in connection with the treatment acceptance behaviors associated with quality of life (diet, exercise And physical activity, drug regimen and ...).

Category

Lifestyle

2

Description

Control group: There will be no intervention in the control group except for routine care.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Besaat Medical Center of Hamedan

Full name of responsible person

Reza Borzou

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Shahid Fahmideh street, Hamadan University of Medical Sciences, Hamadan

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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
Hamedan 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
Hamedan University of Medical Sciences
Full name of responsible person
Reza Borzou
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Person responsible for updating data

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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