

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

Comparing the effects of mobile-based, group and routine educations on self-care behaviors of patients with type 2 diabetes

Protocol summary

Study aim

Comparing the effects of mobile-based, group and routine educations on self-care behaviors of patients with type 2 diabetes

Design

In this research, 90 eligible patients with type 2 diabetes referred to Ahvaz Golestan and Emam Ghomaii hospitals will be chosen. Patients will be allocated to three equal groups of mobile-based, group and routine educations according to block randomization method.

Settings and conduct

This intervention study will be conducted on Ahvaz Golestan and Emam Ghomaii hospitals.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having 18-60 years old; confirmation the diagnosis of type 2 diabetes by specialist; having ability to response questions and to participate in educational sessions; having reading ability; having mobile phone with ability to use designed software; being resident in Ahvaz city; familiarity with Persian language. Exclusion criteria: Having history of any chronic diseases and mental disorders like delirium and learning disorders.

Intervention groups

First intervention group will receive education using mobile phone software related self-care behaviors of diabetes during 2 months. Second intervention group will receive group training related self-care behaviors of diabetes in 8 sessions weekly during 2 months. Control group will receive hospital routine during 2 months

Main outcome variables

Self-care behaviors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180104038215N1**

Registration date: **2018-03-03, 1396/12/12**

Registration timing: **registered_while_recruiting**

Last update: **2018-03-03, 1396/12/12**

Update count: **0**

Registration date

2018-03-03, 1396/12/12

Registrant information

Name

Samaneh Rahnavard

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4252 1923

Email address

rahnavard.s@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-21, 1396/11/01

Expected recruitment end date

2018-04-10, 1397/01/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effects of mobile-based, group and routine educations on self-care behaviors of patients with type 2 diabetes

Public title

Comparing the effects of mobile-based education and

group training on self-care behaviors of patients with type 2 diabetes

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Having 18-60 years old Confirmation the diagnosis of type 2 diabetes by specialist Having ability to response questions and to participate in educational sessions Having reading ability Having mobile phone with ability to use designed software Being resident in Ahvaz city Familiarity with Persian language

Exclusion criteria:

Having history of any chronic diseases and mental disorders like delirium and learning disorders

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients will be allocated to three equal groups of first intervention, second intervention, and control according to block randomization method.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this project patients will be blinded to groups allocation.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Ahvaz Jundishapur University of Medical Sciences

Street address

Ahvaz Jundishapur University of Medical Sciences, Golestan road, Ahvaz, Khozestan

City

Ahvaz

Province

Khouzestan

Postal code

6135715794

Approval date

2017-10-28, 1396/08/06

Ethics committee reference number

IR.AJUMS.REC.1396.604

Health conditions studied

1

Description of health condition studied

Type 2 diabetes

ICD-10 code

E11.8

ICD-10 code description

Type 2 diabetes mellitus with unspecified complications

Primary outcomes

1

Description

Self-care behaviors

Timepoint

Before intervention and 2 month after intervention

Method of measurement

The summery of diabetes self-care activities questionnaire

Secondary outcomes

1

Description

Hemoglobin A1c

Timepoint

Before intervention and 2 month after intervention

Method of measurement

Based on patients laboratory sheet

Intervention groups

1

Description

First intervention group: will receive education using mobile phone software related self-care behaviors of diabetes during 2 months.

Category

Lifestyle

2

Description

Second intervention group: will receive group training related self-care behaviors of diabetes in 8 sessions weekly during 2 months.

Category

Lifestyle

3

Description

Control group: will receive hospital routine during 2 months.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Ahvaz Golestan hospital

Full name of responsible person

Samaneh Rahnavard

Street address

Golestan hospital, Golestan road, Ahvaz, Khozestan

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2

Recruitment center

Name of recruitment center

Ahvaz Imam Khomeyni hospital

Full name of responsible person

Samaneh Rahnavard

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Imam Khomeyni hospital, Azadegan road, Ahvaz, Khozestan

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Dr. Behzad Sharif Makhmalzadeh

Street address

Ahvaz Jundishapur University of Medical Sciences, Golestan road, Ahvaz, Khozestan

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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 of Ahvaz Jundishapur 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

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Samaneh Rahnavard

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Position

Assistant Professor

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Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Position

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Latest degree

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Other areas of specialty/work

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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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is 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

Only a part of patients demographical data and main outcomes will be shared.

When the data will become available and for how long

Six months after data publishing

To whom data/document is available

Data will be available only for researchers working on academic and university associations.

Under which criteria data/document could be used

Mention of study name and authors name

From where data/document is obtainable

Samaneh Rahnavard: School of Nursing and Midwifery, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

What processes are involved for a request to access data/document

At last one month after request

Comments