Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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 Ghomaini 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 Ghomaini 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

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Iran (Islamic Republic of)

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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
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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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Email
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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

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Position
Assistant Professor

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Person responsible for updating data

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Nursery

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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