Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The impact of self-care education on awareness, attitude and quality of life in patients with asthm referred Shahid Beheshti hospital to clinic of Hamedan university of medical sciences

Protocol summary

Study aim
Determining the effect of self-care education on knowledge, attitude and quality of life in asthmatic patients
Design
A randomized, controlled clinical trial of 104 patients
Settings and conduct
The purpose of this study was to determine the effect of self-care education on knowledge, attitude and quality of life of asthmatic patients referred to Shahid Beheshti hospital of Hamedan University of Medical Sciences. The number of samples in this study is 104 patients. In this study, patients were randomly divided into two groups of intervention and control. In the intervention group, educational intervention will be performed in 4 sessions, but in the control group, except for routine care, no action will be taken. 8 weeks after the end of the intervention, the questionnaires will be completed by the two groups.
Participants/Inclusion and exclusion criteria
Inclusion criteria: Age between 20 and 65 years, Suffering from asthma, Not having other chronic diseasesa Exclusion criteria: Exit for any reason during the study, such as death, dissatisfaction to continue participating in the study
Intervention groups
In the intervention group, self-care education will be given in four sessions.The first session includes anatomy and physiology training, the second session includes how to adhere to the proper diet, how to adhere to the prescribed regimen, the third session includes daily activities, exercise, stress-avoidance education. The fourth session involves training skills such as the use of respiratory sprays. Then, 8 weeks after the completion of the interventions, the questionnaires are given to two groups.
Main outcome variables
Quality of life

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20160110025929N7**
Registration date: **2018-02-06, 1396/11/17**
Registration timing: **prospective**

Last update: **2018-02-23, 1396/12/04**
Update count: **1**
Registration date
2018-02-06, 1396/11/17

Registrant information
Name
Mehdi Molavi Vardanjani
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 81 3422 5056
Email address
m.molavi@umsha.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-02-09, 1396/11/20
Expected recruitment end date
2019-02-09, 1397/11/20
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The impact of self-care education on awareness, attitude and quality of life in patients with asthm referred Shahid Beheshti hospital to clinic of Hamedan university of medical sciences

Public title
Impact of self-care education on awareness, attitude and quality of life in patients with asthma
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Age between 20 and 65 years Suffering from asthma Not having other chronic diseases
Exclusion criteria:
Dissatisfaction to continue participating in the study Exit for any reason during the study, such as death
Age
From **20 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **104**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomly,104 patients are selected. Then, using random blocks, they will be divided equally in to two groups of intervention and control
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
Ethics Committee of Hamedan University of Medical Sciences
Street address
Shahid Fahmideh St, Hamadan University of Medical Sciences, Hamadan
City
Hamadan
Province
Hamadan
Postal code
38698-65178
Approval date
2018-01-13, 1396/10/23
Ethics committee reference number
IR.UMSHA.REC.1396.725

Health conditions studied

1

Description of health condition studied
Asthma
ICD-10 code
J45
ICD-10 code description
Asthma

Primary outcomes

1

Description
Quality of life
Timepoint
Before anf after intervention
Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Self-care education will be given in four sessions.The first session includes anatomy and physiology training, the second session includes how to adhere to the proper diet, how to adhere to the prescribed regimen, the third session includes daily activities, exercise, stress-avoidance education. The fourth session involves training skills such as the use of respiratory sprays
Category
Lifestyle

2

Description
Control group: Except for routine care, no action will be taken.
Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Beheshti hospital

Full name of responsible person
Amir Sadeghi

Street address
Shahid Fahmideh St, Hamadan University of Medical Sciences, Hamadan

City
Hamadan

Province
Hamadan

Postal code
38698-65178

Phone
+98 81 3838 0535

Email
sadeghi@umsha.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
Saeed Bashirian

Street address
Shahid Fahmideh St, Hamadan University of Medical Sciences, Hamadan

City
Hamadan

Province
Hamadan

Postal code
38698-65178

Phone
+98 81 3838 0535

Email
s-bashirian@umsha.ac.ir

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
Amir Sadeghi

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Shahid Fahmideh St, Hamadan University of Medical Sciences, Hamadan

City
Hamadan

Province
Hamadan

Postal code
38698-65178

Phone
+98 81 3838 0535

Email
sadeghi@umsha.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
Amir Sadeghi

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Shahid Fahmideh St, Hamadan University of Medical Sciences, Hamadan

City
Hamadan

Province
Hamadan

Postal code
38698-65178

Phone
+98 81 3838 0535

Email
sadeghi@umsha.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
Somayeh Kokabi
Position
Student
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
Shahid Fahmideh St, Hamadan University of Medical Sciences, Hamadan
City
Hamadan
Province
Hamadan
Postal code
38698-65178
Phone
+98 81 3838 0535
Email
kokabiam.s@gmail.com

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