

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of implementation of Orem Self -Care Programme on Headache Indices In Migraineur Referred To Selected Clinics of Tehran

Protocol summary

Summary

This study was to determine the effect of implementation of Orem self care programs on headache indices in migraine headache. In this study, 83 patients with migraine headache (were randomly allocated in intervention or control groups. Data collection tools were included demographic data form, indices of migraine headaches, Orem cognition questionnaires, self care checklist, and form of headache diary. Self care program carried out in four theoretical and practical training sessions, each 30 to 45 minutes. Headache indices in migraine including frequency, intensity, and duration of headaches were evaluated through a headache questionnaire at the baseline and after two months of self care program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138901303023N5**

Registration date: **2010-06-03, 1389/03/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-06-03, 1389/03/13

Registrant information

Name

Fatemeh MahmoudzadehZarandi

Name of organization / entity

Birjand University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 56 3239 5000

Email address

fmahmudzadeh@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Baqiatallah university of Medical Sciences

Expected recruitment start date

2009-11-11, 1388/08/20

Expected recruitment end date

2010-02-04, 1388/11/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of implementation of Orem Self -Care Programme on Headache Indices In Migraineur Referred To Selected Clinics of Tehran

Public title

Effectiveness of implementation of Orem Self-Care Programme on Headache Indices In Migraineur

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Diagnosis of migraine based on International headache indices by a physician, Ability of reading and writing, Age 55-18 years Exclusion criteria: unwilling to cooperate, Pregnancy, menopause, History of psychiatric disorders, History of other diseases such as asthma, diabetes, cardiovascular, or hypertension, health personnels

Age

From **18 years** old to **55 years** old

Gender

Both

Phase

4

Groups that have been masked

No information

Sample size

Target sample size: 83

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Baqiatallah university of Medical Sciences

Street address

Vanak Square, Mollasadra street

City

Tehran

Postal code

Approval date

1988-12-08, 1367/09/17

Ethics committee reference number

21

Health conditions studied

1

Description of health condition studied

Migraine

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Headache indices

Timepoint

2 month

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

implementation of Orem self care programs

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical neurology clinic of Baqiatallah hospital

Full name of responsible person

Fatemeh Mahmudzadehzarandi

Street address

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City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Baqiatallah university of Medical Sciences

Full name of responsible person

Farahrooz Hamedanizadeh

Street address

Baqiatallah university of Medical Sciences, Araj Three ways, Aqdasiyeh

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Baqiatallah university of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Baqiatallah university of Medical Sciences

Full name of responsible person

Fatemeh Mahmudzadehzarandi

Position

Master of nursing education

Other areas of specialty/work**Street address**

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Fax**Email****Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty