

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Efficacy of implementation of Orem self care program on migraine-related disability of migraine headache patients

Protocol summary

Summary

This study was to determine the effectiveness of implementation of Orem self care program on migraine-related disability of migraine headache patients . In this study, 83 patients with migraine headache (were randomly allocated in intervention or control groups. Data collection tools were included demographic questionnaire and Migraine Disability Assessment (MIDAS). Self care programs were held as four 30-45 minutes training sessions based on their self care needs for experimental group.migraine disability were evaluated by MIDAS questionnaire before and after three months of implementation of Orem self care program.Finally, headache indices were compared in two groups

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201205093023N6**

Registration date: **2012-06-18, 1391/03/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-06-18, 1391/03/29

Registrant information

Name

Fatemeh MahmoudzadehZarandi

Name of organization / entity

Birjand University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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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

Efficacy of implementation of Orem self care program on migraine- related disability of migraine headache patients

Public title

Efficacy of implementation of Orem self care program on migraine- related disability of migraine headache patients

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

N/A

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

Mollasadra street, Vanak Square

City

Tehran

Postal code

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

21

Health conditions studied

1

Description of health condition studied

migraine

ICD-10 code

G43

ICD-10 code description

Migraine

Primary outcomes

1

Description

migraine disability

Timepoint

three month

Method of measurement

MIDAS Qestionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group: Implementation of Self Care Programs for three months

Category

Lifestyle

2

Description

The Control group: no action

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Medical Neurology Clinic of Baqiatallah Hospital

Full name of responsible person

Fatemeh MahmoudzadehZarandi

Street address

No. 160, Jafari street, Ferdowsi Avenue

City

Zarand

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***Phone**

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Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**

Kerman University of Medical Sciences

Full name of responsible person

Fatemeh MahmoudzadehZarandi

Position

Master of nursing education

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

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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*