Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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
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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 mounth
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
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Baqiatallah University of Medical Sciences, Araj Three ways, Aqdasiyeh
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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
Kerman University of Medical Sciences
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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