

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

The effect of Islamic lifestyle based model education on quality of life, lifestyle and blood glucose control indices in pre-diabetic patients in Lamerd city, 2017

Protocol summary

Study aim

Determining the effect of education based on Islamic lifestyle model on quality of life, lifestyle and blood glucose control indices of pre-diabetes individuals, in the event of the effectiveness of diabetes policy makers in planning and controlling diabetes

Design

This is a randomized controlled clinical trial conducted on 76 pre-diabetes patients in Lamard. The subjects are randomly divided into two groups of 38 test and control groups

Settings and conduct

Among the people who came to Lamerd City Libraries and have fasting blood glucose levels in pre-diabetes range, they will be checked again if they are satisfied with Sedigheh Tahereh's clinic lab. Blood pressure and fasting blood glucose will be checked if they were still within range. Will enter the study

Participants/Inclusion and exclusion criteria

Inclusion criteria: ☐ Do not use drugs that increase or decrease blood glucose ☐ Absence of chronic hemolytic anemia (sickle cell anemia, thalassemia) ☐ Lack of mental illness ☐ Being Muslim
Exit criteria: Positive pregnancy test

Intervention groups

Intervention and educational package based on the model of Islamic lifestyle (individual scale) Dr. Kaviani will be presented by a researcher in the presence of a religious expert during 4 sessions of an hour and a half. The control group receives an educational pamphlet on pre-diabetes care.

Main outcome variables

Fasting blood glucose, Glycosylated hemoglobin, life style and Quality of Life,

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150529022466N14**

Registration date: **2018-05-14, 1397/02/24**

Registration timing: **registered_while_recruiting**

Last update: **2018-05-14, 1397/02/24**

Update count: **0**

Registration date

2018-05-14, 1397/02/24

Registrant information

Name

Shahnaz Pouladi

Name of organization / entity

Bushehr University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 917 374 0061

Email address

sh.pooladi@bpums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-19, 1396/11/30

Expected recruitment end date

2018-05-20, 1397/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of Islamic lifestyle based model education on quality of life, lifestyle and blood glucose control indices in pre-diabetic patients in Lamerd city, 2017

Public title
Study of Islamic lifestyle education in pre-diabetes

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
✓ Fasting blood sugar between 125-100 mg / dL or hemoglobin glycolysis between 5/7 -6/4 percent Do not use drugs that increase or decrease blood glucose Non-chronic diseases of hemolytic anemia (sickle cell anemia, thalassemia No pregnancy history in women participating in the study No mental illness Being Muslim
Exclusion criteria:
Positive pregnancy test for women participating in the study during the study. Incomplete filling in the questionnaire Lack of regular attendance at training sessions

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **76**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization Use the random numbers table

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 Bushehr University of Medical Sciences

Street address

School of nursing and midwifery; Bushehr University of medical sciences; Rishahr avenue; Sabzabad

avenue; Bushehr

City
Bushehr

Province
Boushehr

Postal code
7518759577

Approval date
2018-02-18, 1396/11/29

Ethics committee reference number
IR. BPUMS.REC.1396.107

Health conditions studied

1

Description of health condition studied

Pre-diabetes

ICD-10 code

E08

ICD-10 code description

Diabetes mellitus due to underlying condition

Primary outcomes

1

Description

Glycosylated hemoglobin

Timepoint

Before the intervention and three months after the initial measurement

Method of measurement

Device and Kite Srastat - Manually,

2

Description

Fasting blood suga

Timepoint

Before the intervention and three months after the initial measurement

Method of measurement

deviceDeroi autoanalyzer by calorimetric enzyme method

3

Description

Quality of Life

Timepoint

Before the intervention and repeat one and three months after the intervention

Method of measurement

World Health Organization Quality of Life questionnaire
26 questions (quality of life)

4

Description

life style

Timepoint

Before the intervention and repeat one and three months after the intervention

Method of measurement

Lifestyle Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention of this study is based on the curriculum provided by the researcher. The designed education is based on the Islamic lifestyle tree (individual scale), Dr. Kaviani (2009), in three areas: personal, family and social. The contents of the training are verified by a religious and scientific expert. Training in four sessions of an hour and a half during two weeks for an intervention group divided into two groups of 19 will be presented by a researcher in the presence of a religious expert in a lecture and by PowerPoint at the educational hall of the Vali Asr Hospital. In order to remind the materials presented at the end of the sessions, they will be followed up the next week by telephone, so that during these two weeks people will be contacted twice about the implementation of Islamic lifestyle education (nutrition, physical activity, physical activity And). Questions will be asked. If less than 70% of the lessons learned after the second call are taught, they will be excluded from the study. We will answer them if they have a question.

Category

Lifestyle

2

Description

Control group: At the end of the study, a pre-diabetes control brochure will be delivered to the control group

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Vali Asr Lamard Hospital

Full name of responsible person

soraya sadeghinursing student of master degree

Street address

Valiasr Ave, Valiasr Blvd, lamerd Town

City

Lamerd

Province

Fars

Postal code

7434174196

Phone

+98 71 5272 2201

Fax

+98 71 5272 1006

Email

ssadeghi6584@gmail.com

Web page address

2

Recruitment center

Name of recruitment center

Sedigheh Tahereh Clinic

Full name of responsible person

soraya sadeghinursing student of master degree

Street address

Imam Khomeini Square, Next to the Lamer Healthcare Network, Lamerd Town

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Lamerd

Province

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+98 71 5272 2531

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Web page address

3

Recruitment center

Name of recruitment center

Dr. Razavi's lab

Full name of responsible person

soraya sadeghi nursing student of master degree

Street address

Imam Khomeini Square, Behind the Saderat Bank

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Fax

+98 71 5272 5754

Email

ssadeghi6584@gmail.com

Web page address

<https://bankpezeshkan.com>

4

Recruitment center

Name of recruitment center

Dr. Mohammadian lab

Full name of responsible person

soraya sadeghinursing student of master degree

Street address

Shahed Ave,, next to Tohid passenger

City

Lamerd

Province

Fars

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Email

ssadeghi6584@gmail.com

Web page address

Boushehr University of Medical Sciences

Full name of responsible person

Dr. Shahnaz Pooladi

Position

رئیس دانشکده پرستاری علوم پزشکی بوشهر

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Zabzabad Avu, University of Medical Sciences

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Boushehr

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Phone

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Email

pouladi2008@yahoo.com

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Boushehr University of Medical Sciences

Full name of responsible person

دکتر غلامرضا خمیسی پور

Street address

Vice chancellor for research, Bushehr University of medical sciences, Rishehr avenue, Sabzabad avenue, Bushehr

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+98 77 3345 0178

Email

ssadeghi6584@gmail.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Boushehr 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**

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Boushehr University of Medical Sciences

Full name of responsible person

دکتر شهناز پولادی

Position

رئیس دانشکده پرستاری

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

School of nursing and midwifery, Bushehr University of medical sciences, Rishehr avenue, Sabzabad avenue, Bushehr

City

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Email

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Person responsible for updating data

Contact**Name of organization / entity**

Boushehr University of Medical Sciences

Full name of responsible person

Shahnaz Pooladi

Position

Faculty of Nursing

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

School of nursing and midwifery, Bushehr University
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Email

Pouladi2008@yahoo.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

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