Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of Mobile Phone-Based Education for Improving Stress, Anxiety, Depression and Pain of Patients with Beta Thalassemia Major

Protocol summary

Study aim
The effect of Mobile phone-based education for improving stress, anxiety, depression and pain of patients with beta thalassemia major
Design
In this study, the patients randomly (toss and coin) assign to one of the control and intervention groups. The number of patients in each group is 24.
Settings and conduct
This study is conducted in the choliz ward in Motahari Hospital of Jahrom. Blinding is not done in this study.
Participants/Inclusion and exclusion criteria
Inclusion criteria: Having a mobile; Depending on the blood transfusion twice a month; Having at least reading and writing skills; Ability to use telegram software; Patients with 20-30 years old Non-inclusion criteria: Disabling disorders unrelated to thalassemia
Intervention groups
In this study, the patients in the case group receive four messages per week through the group has designed in the telegram in relation to their health problems. The control group does not receive intervention
Main outcome variables
stress; anxiety; depression and pain

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20180207038655N1**
Registration date: **2018-05-15, 1397/02/25**
Registration timing: **registered_while_recruiting**

Last update: **2018-05-15, 1397/02/25**
Update count: **0**
Registration date
2018-05-15, 1397/02/25

Registrant information
Name
Mahsa Imanian
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-03-11, 1396/12/20
Expected recruitment end date
2018-07-11, 1397/04/20
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effect of Mobile Phone-Based Education for Improving Stress, Anxiety, Depression and Pain of Patients with Beta Thalassemia Major

Public title
The Effect of Mobile Phone-Based Education on Patients with Thalassemia
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Having a mobile Depending on the blood transfusion twice a month Having at least reading and writing skills Ability to use telegram software Patients with 20-30 years old

Exclusion criteria:
Disabling disorders unrelated to thalassemia
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **48**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, the samples were selected in simple way . Firstly, based on some common characteristics such as: age and sex; the participents were selected in pair and then were randomly (toss and coin) assigned to the intervention and the control groups.
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 Jahrom University of Medical Sciences
Street address
Motahari
City
Jahrom
Province
Fars
Postal code
7417978647
Approval date
2017-12-20, 1396/09/29
Ethics committee reference number
IR.JUMS.REC.1396.103

Health conditions studied

1

Description of health condition studied
Thalassemia
ICD-10 code
D74.0
ICD-10 code description
Congenital methemoglobinemia

Primary outcomes

1

Description
Pain
Timepoint
Beginning and the end of intervention
Method of measurement
Questionaire

2

Description
Stress
Timepoint
Beginning and the end of intervention
Method of measurement
Questionaire

3

Description
Anxiety
Timepoint
Beginning and the end of intervention
Method of measurement
Questionaire

4

Description
Depression
Timepoint
Beginning and the end of intervention
Method of measurement
Questionaire

Secondary outcomes

1

Description
score of life quality
Timepoint
3 months after study
Method of measurement
questionaire

Intervention groups

1

Description
Intervention group: Every week, 4 messages are received in relation to the improvement of stress, anxiety, depression and pain for 3 months.
Category

Rehabilitation

2

Description
Control group: just receive routin care
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Motahari Hospital
Full name of responsible person
Mahsa Imanian
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Janbazan
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Sponsors / Funding sources

1

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Jahrom University of Medical Sciences
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Jahrom 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
Jahrom University of Medical Sciences
Full name of responsible person
Mahsa Imanian
Position
Instructor
Latest degree
Master
Other areas of specialty/work
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
Potential data can be shared after unidentifiable people

When the data will become available and for how long
6-months after publishing results

To whom data/document is available
Researchers working in academic and scientific institute

Under which criteria data/document could be used
for college students to use the method of study and the results in the clinic

From where data/document is obtainable
Refer to the corresponding author

What processes are involved for a request to access data/document
The requestor can send a email to corresponding author

Comments