

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 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

Country

Iran (Islamic Republic of)

Phone

+98 71 5423 5521

Email address

M.Imanian@jums.ac.ir

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 participants 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
Questionnaire

2

Description
Stress

Timepoint
Beginning and the end of intervention

Method of measurement
Questionnaire

3

Description
Anxiety

Timepoint
Beginning and the end of intervention

Method of measurement
Questionnaire

4

Description
Depression

Timepoint
Beginning and the end of intervention

Method of measurement
Questionnaire

Secondary outcomes

1

Description
score of life quality

Timepoint
3 months after study

Method of measurement
questionnaire

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 routine care

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Motahari Hospital

Full name of responsible person

Mahsa Imanian

Street address

Janbazan

City

Jahrom

Province

Fars

Postal code

7417978647

Phone

+98 71 5423 5521

Email

mahsa.imanian@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Jahrom University of Medical Sciences

Full name of responsible person

Mahsa Imanian

Street address

Janbazan

City

Jahrom

Province

Fars

Postal code

7417978647

Phone

+98 71 5423 5521

Email

M.Imanian@jums.ac.ir

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

Nursery

Street address

Janbazan

City

Jahrom

Province

Fars

Postal code

7417978647

Phone

+98 71 5423 5521

Email

M.Imanian@jums.ac.ir

Person responsible for scientific 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

Nursery

Street address

Janbazan

City

Jahrom

Province

Fars

Postal code

7417978647

Phone

+98 71 5423 5521

Email

M.Imanian@jums.ac.ir

Person responsible for updating data

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

Nursery

Street address

Janbazan

City

Jahrom

Province

Fars

Postal code

7417978647

Phone

+98 71 5423 5521

Email

M.Imanian@jums.ac.ir

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