

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The Effect of Healthy Nutrition Education through Virtual Social Network on Quality of Life in Hemodialysis Patients

Protocol summary

Study aim

Determining the effect of healthy nutrition education through virtual social networking on quality of life in hemodialysis patients

Design

Clinical trials with control group, without placebo, single-centered, one-blind, randomized

Settings and conduct

The present study will be conducted at Hemodialysis Center in Saveh on hemodialysis patients. The analyzer will not know how to place the samples in the intervention and control group.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Reading, writing and communicating skills. Access to smartphone, internet and Soroush messenger. The willingness to collaborate in study and signing a informed consent form. At least two dialysis sessions per week. Absence of acute and chronic gastrointestinal ulcers. 18 to 65 years old. Not attending other nutrition education classes. Exclusion criteria: Unwilling to participate in the study.

Intervention groups

Intervention group: samples of the intervention group will be trained in one-month-long course with healthy nutrition program in hemodialysis patients by creating a group channel in Soroush's messenger. Control group: during this period, samples of control group will not receive any intervention.

Main outcome variables

Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20161223031522N8**

Registration date: **2018-10-01, 1397/07/09**

Registration timing: **retrospective**

Last update: **2018-10-01, 1397/07/09**

Update count: **0**

Registration date

2018-10-01, 1397/07/09

Registrant information

Name

Vahid Naseri Salahshour

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3417 3505

Email address

v.naserisalahshour@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-20, 1397/03/30

Expected recruitment end date

2018-08-21, 1397/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Healthy Nutrition Education through Virtual Social Network on Quality of Life in Hemodialysis Patients

Public title

The Effect of Healthy Nutrition Education through Virtual Social Network on Quality of Life in Hemodialysis Patients

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Reading, writing and communicating skills. Access to smartphone, internet and Soroush messenger Desire to participate in the study and sign form of informed consent. At least two dialysis sessions per week. At least 3 months of dialysis history. Lack of acute and chronic gastrointestinal ulcers. 18 to 65 years old. Not attending other nutrition education classes.

Exclusion criteria:
Unwillingness to collaborate in the study

Age
From **18 years** old to **65 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples were selected easily, then divided by random allocation method and randomly assigned to two groups of intervention and control, using table of random numbers.

Blinding (investigator's opinion)
Single blinded

Blinding description
The information analyzer will not know how to allocate the intervention and control group

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Arak University of Medical Sciences

Street address

Near of Amir Kabir Hospital, Shahid Shiroodi Street, A'lam-Al-Hoda Street

City

Arak

Province

Markazi

Postal code

3819693345

Approval date

2018-05-29, 1397/03/08

Ethics committee reference number

IR.ARAKMU.REC.1397.055

Health conditions studied

1

Description of health condition studied

Hemodialysis

ICD-10 code

Z49.0

ICD-10 code description

Preparatory care for renal dialysis

Primary outcomes

1

Description

Quality of life

Timepoint

In the pre-test, the quality of life questionnaire is completed by samples of both groups. After two months in the post-test, the questionnaires will be completed by samples of both intervention and control groups.

Method of measurement

Standard Quality of Life Questionnaire for Kidney Patients (KDQOL-SF)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: samples of the intervention group will be trained in one-month-long course with healthy nutrition program in hemodialysis patients by creating a group channel in Soroush's messenger.

Category

Lifestyle

2

Description

Control group: during this period, samples of control group will not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Modarres hospital

Full name of responsible person

Hamidreza Baradaran
Street address
Modarres hospital, Motahhari St., Azadi Sq.
City
Saveh
Province
Markazi
Postal code
3918698786
Phone
+98 86 4234 3395
Email
info@savehums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Mohammad Arjomandzadegan
Street address
Near of Amir Kabir Hospital, Shahid Shiroodi Street,
A'lam-Al-Hoda Street
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Email
info@arakmu.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Arak 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
Arak University of Medical Sciences
Full name of responsible person
Vahid Naseri Salahshour

Position
MSc of Nursing
Latest degree
Master
Other areas of specialty/work
Nursery
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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

Not applicable

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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Part of the data, such as information on the main outcome and the demographic information, can be shared after unidentifiable of people.

When the data will become available and for how long

The beginning of the access period is 36 months after the results are published.

To whom data/document is available

Researchers working in academic and scientific institutions.

Under which criteria data/document could be used

In order to utilize scientific purposes and mention the source used.

From where data/document is obtainable

Dr Mahboubeh Sajjadi, Ph.D. of Nursing, Faculty of Nursing and Midwifery, Arak University of Medical Sciences, Arak, Iran. E-mail address: sajadimahbobeh@yahoo.com

What processes are involved for a request to access data/document

After receiving the email from the requester, the information will be sent within 2 to 3 business days.

Comments