Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of the effect of teaching by peers with teaching by coaches on promoting knowledge, attitude and behavior in the area of prevention and control of diabetes in employees of offices

Protocol summary

Study aim

Comparison of the effect of teaching by peers with teaching by coaches on promoting knowledge, attitude and behavior in the area of prevention and control of diabetes in employees of Neyriz offices

Design

In this semi-experimental study, each office was considered as a cluster. Out of 25 offices, i.e. the research community (760 people), 10 were selected by simple random sampling method. Out of the 10 selected offices, 5 were assigned to the peer group (60 people) and 5 to the coach group (60 people), as far as possible, based on homogeneous demographic characteristics, based on random selection.

Settings and conduct

After the performance of a pre-test, both groups received the educational materials on diabetes through lecture, question-and-answer, and group discussion methods for two months, the first group through peers and the second group through a health center coach, of course. One month after the end of training and intervention, the participants were given a post-test. study performed in Iran. Neyriz

Participants/Inclusion and exclusion criteria

The entry requirement for the study was the individuals' attendance at the office from the start of the study for at least 3 months and being able to participate actively in the training sessions.

Intervention groups

employees of Neyriz offices

Main outcome variables

1- determining the average score of knowledge, attitude and behavior in peer group and coach group before intervention 2- determining the average score of knowledge, attitude and behavior in peer group and coach group after intervention 3- Comparison of the average score of knowledge in peer group and coach group before and after intervention 4- Comparison of the average score of attitude in peer group and coach group before and after intervention 5- Comparison of the average score of behavior in peer group and coach group before and after intervention

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180613040081N1**
Registration date: **2018-06-24, 1397/04/03**
Registration timing: **retrospective**

Last update: **2018-06-24, 1397/04/03**
Update count: **0**

Registration date

2018-06-24, 1397/04/03

Registrant information

Name

Mitra Amini

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3233 6990

Email address

aminim@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-11-21, 1395/09/01

Expected recruitment end date

2016-12-20, 1395/09/30

Actual recruitment start date
2016-11-21, 1395/09/01
Actual recruitment end date
2016-12-20, 1395/09/30
Trial completion date
empty

Scientific title
Comparison of the effect of teaching by peers with teaching by coaches on promoting knowledge, attitude and behavior in the area of prevention and control of diabetes in employees of offices

Public title
Comparison of the effect of teaching by peers with teaching by coaches on promoting knowledge, attitude and behavior in the area of prevention and control of diabetes in employees of offices
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
The entry requirement for the study was the individuals' attendance at the office from the start of the study for at least 3 months and being able to participate actively in the training sessions.
Exclusion criteria:
Having diabetes Personel who have remained in business for less than three months before the end of their working relationship.
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked

- Participant

Sample size
Target sample size: **120**
Actual sample size reached: **120**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
The two groups were selected randomly for educational intervention (peer and coach) and the participants were unaware of the allocation to the study groups and classified in the intervention groups after being informed consent.
Placebo
Not used
Assignment
Single
Other design features
The research population was 760 employees of the offices of Neyriz, (totally, 25 offices).Each office was considered as a cluster. Out of the 25 offices, 10 offices were selected by simple random sampling. Of the 10 offices, 5 departments were assigned to the peer group, using simple random sampling and 5 departments were assigned to the coach group.With an estimation error of one score and standard deviation of 3 and a confidence level of 95%, the sample size was determined 35 people in each group. Considering the effect of the design as 1.5 times and the loss of 10%, the sample size in each group was determined 60 persons. This research was carried out in two stages: the first stage was carried out through the selection of the peer educators and their training, and the second stage was performed using intervention in the peer and the coach group for 2 months. The data were collected by completing a questionnaire before intervention and one month after the intervention.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
secretary of the shiraz university of medical sciences research ethic commmittee
Street address
Zand Blvd, universisity of medical sciences
City
Shiraz
Province
Fars
Postal code
۷۱۳۴۸۱۴۳۳۶
Approval date
2016-07-17, 1395/04/27
Ethics committee reference number
IR.SUMS.REC.1395.78

Health conditions studied

1

Description of health condition studied
Type 2 diabetes mellitus
ICD-10 code
E11
ICD-10 code description
Type 2 diabetes mellitus

Primary outcomes

1

Description
knowledge, attitude and behavior
Timepoint
at the beginning of the study (before intervention) and 30 days after intervention
Method of measurement
questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: peers and coaches
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Neyriz offices
Full name of responsible person
mitra amini
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7491917945
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
mohammad taheri
Street address
behdasht street. Neyriz health center
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neycdunit@sums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
researcher
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
mitra amini
Position
full Professor
Latest degree
Specialist
Other areas of specialty/work
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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
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available