

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 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

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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 Personnel 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 committee

Street address

Zand Blvd, university of medical sciences

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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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behdasht street

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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

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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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Position
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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