

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Comparing the effect of text messaging and Telegram Reminder on Adherence to the Drug and Food Regimen of Teens with Diabetes

Protocol summary

Study aim

Comparing the effect of text messaging and Telegram Reminder on Adherence to the Drug and Food Regimen of Teens with Diabetes

Design

In this study, 75 adolescents aged 12-16 years with diabetes who were randomly selected to enter the study were selected and divided into three groups of two groups of intervention and one control group and each participant was assigned a code.

Settings and conduct

the patients were divided into three groups of 25, control, SMS and telegram groups. All three groups of Mediterranean diet and drug compliance questionnaires were assigned 8 items of MMAS-8. Then, the questionnaires were completed by the control group, SMS and telegram during the intervention at the end of the 4th, 8th and 12th week.

Participants/Inclusion and exclusion criteria

Sample acceptance criteria: 1. Have reading and writing skills 2. Having a mobile phone 3. Familiarity with SMS and Telegram 4. Use SMS service 5. Ability to read SMS by patient or companion 6. Parental Satisfaction in the Student Company of the Students 7. Without chronic mental illness. 8-Three to eight months have passed from their medical diagnosis and they have not had a severe complication. Sampling criteria: 1-Unwilling to continue participating in the study 2. Failure to understand and answer questions 3. There is a specific disease other than diabetes. 4. Subjects have not participated in courses.

Intervention groups

In the intervention group, there is no intervention in the control group regarding the diet, physical activity and exercise, glucose control with glucometer, drug use, and response to questions and resolution of the ambiguities for adolescents with diabetes.

Main outcome variables

Adherence to the diet and diet of adolescents with type 1

diabetes

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170512033932N4**

Registration date: **2018-08-21, 1397/05/30**

Registration timing: **retrospective**

Last update: **2018-08-21, 1397/05/30**

Update count: **0**

Registration date

2018-08-21, 1397/05/30

Registrant information

Name

Hosein Motahariniya

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 23 3222 4908

Email address

h_hojjati@aliabadiau.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-20, 1396/12/01

Expected recruitment end date

2018-06-10, 1397/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of text messaging and Telegram Reminder on Adherence to the Drug and Food Regimen of Teens with Diabetes

Public title

Comparing the effect of text messaging and Telegram Reminder on Adherence to the Drug and Food Regimen of Teens with Diabetes

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Have reading and writing skills Having a cell phone Introduction to SMS and Telegram Ability to read SMS by the patient or accompanying him Parental satisfaction at the company of their children in the study No chronic mental illness Three months have passed since their medical diagnosis and they have no complications.

Exclusion criteria:

Unwillingness to continue participating in the study Failure to understand and answer questions There is a specific disease other than diabetes. Subjects did not attend training courses.

Age

From **12 years** old to **16 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **75**

Randomization (investigator's opinion)

Randomized

Randomization description

The random sampling method was randomly assigned to those who entered the study and randomly divided into randomized, randomized, randomized random-assignment (Random allocation rule) to control and 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 for Biological Researches at the Azad University of Shahrood

Street address

Azad University Ave, Shahrood Azad University

City

shahrood

Province

Semnan

Postal code

43189-36199

Approval date

2018-04-28, 1397/02/08

Ethics committee reference number

IR.IAU.SHAHROOD.REC.1397.1

Health conditions studied

1

Description of health condition studied

The diet of diabetic patients

ICD-10 code

E10.7

ICD-10 code description

The diet of diabetic patients

Primary outcomes

1

Description

MMAS-8 drug compliance questionnaire

Timepoint

Before the intervention begins and after intervention

Method of measurement

Based on the total score of drug compliance

2

Description

Mediterranean dietary scorecard score

Timepoint

Before the intervention begins and after intervention

Method of measurement

Based on the total score of the Mediterranean diet

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the SMS group of Persian SMS, and in the telegram group, along with educational messages with the help of photographs, educational films are also

sent. The contents of the educational program are the implications of the Mediterranean diet, physical activity and exercise, glucose control with glucometers, and drug use.

Category
Behavior

2

Description

Control group: Without special training

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Taleghani Children's Hospital in Gorgan
Full name of responsible person
Dr. Hamid Haghshenas
Street address
Janbazan Ave., Children's Hospital Taleghani
City
Gorgan
Province
Golestan
Postal code
49166 68197
Phone
+98 17 3223 4364
Email
hoseinmotahari@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University
Full name of responsible person
Ruholah Samiee
Street address
Azad univercity Blvd, azad univercity
City
Aliabad katun
Province
Golestan
Postal code
4941793451
Phone
+98 17 3422 4500
Email
h_hojjati1362@yahoo.com
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Islamic Azad University

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

Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Mahla Tajari
Position
Masters student of children
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
Azad university, Azad blvd.
City
Ali abad katul
Province
Golestan
Postal code
4916845118
Phone
+98 17 3212 8035
Email
hoseinmotathari@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Mahla Tajari
Position
Nursing Graduate Student
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
Azad ave, Azad univercity
City
Aliabad katul
Province
Golestan

Postal code

4941793451

Phone

+98 911 177 2258

Email

hoseinmotahari@gmail.com

Phone

+98 17 3422 4500

Email

h_hojjati1392@yahoo.com

Person responsible for updating data**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Hamaid Hojjati

Position

Associate Professor of Nursing

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Islamic Azad University, Azad blvd.

City

Aliabad katul

Province

Golestan

Postal code

4941793451

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available