

# 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