

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

The effect of virtual education on the quality of life of asthmatic patients

Protocol summary

Study aim

Determining the Effect of Virtual Education on the Quality of Life of Patients with Asthma in Tohid Hospital in Sanandaj in 1397.

Design

The clinical trial has a community-based, practice-oriented control group, randomized, without blinding

Settings and conduct

Patients referred to the specialized clinic of Tohid Hospital in Sanandaj are divided into two groups of control and intervention. Then, 10 days of virtual education are given to the patients in the intervention group and after 2 months they will be tested.

Participants/Inclusion and exclusion criteria

Inclusion criteria : Age range 15-60 years old, resident of Sanandaj, Having mild to moderate asthma, The patient or her/his caregiver should be literate, satisfaction to participate in the study, having a mobile phone, using SMS or social networking services Exclusion criteria: Hospitalized patients, Pregnancy

Intervention groups

After the patients agree to participate in the study, the method of participation in the study, the method of carrying out the work and its goals and benefits, is explained to the patients in the intervention group. Then, quality of life questionnaire was completed in two groups of intervention (35 people) and control (35 people) by patients or their companions. The intervention group will be trained for 10 days by creating software. After two months, samples are invited to complete the quality of life questionnaire.

Main outcome variables

Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180624040230N1**

Registration date: **2018-10-23, 1397/08/01**

Registration timing: **registered_while_recruiting**

Last update: **2018-10-23, 1397/08/01**

Update count: **0**

Registration date

2018-10-23, 1397/08/01

Registrant information

Name

Farzam boustanchi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 44 4622 3345

Email address

boustanchi.f@muk.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-22, 1397/07/30

Expected recruitment end date

2019-01-20, 1397/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of virtual education on the quality of life of asthmatic patients

Public title

Effect of virtual education in quality of life of asthma

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Ages ranging from 15 to 59 years old Resident in Sanandaj More than a year from the diagnosis of the disease Having mild to moderate asthma Lack of chronic and advanced diseases in vital organs Lack of known psychological illnesses Have a reading or writing literacy by the patient or his caregiver Satisfaction to participate in the study Having a cell phone Use SMS or social network services Lack of severe vision and hearing impairment

Exclusion criteria:

Hospitalized patients Pregnancy

Age

From **15 years** old to **59 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization will be randomized quadruple blocking

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Kurdistan University of Medical Sciences

Street address

Pasdaran Boulevard, Sanandaj, Kordestan, Kurdistan University of Medical Sciences, Iran

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Sanandaj

Province

Kurdistan

Postal code

13446-666147

Approval date

2018-07-03, 1397/04/12

Ethics committee reference number

IR.MUK.REC.1397.024

Health conditions studied**1****Description of health condition studied**

Asthma

ICD-10 code

J45

ICD-10 code description

Asthma

Primary outcomes**1****Description**

Quality of life

Timepoint

Before intervention - 2 months after intervention

Method of measurement

Asthma Quality of Life Questionnaire (AQLQ)

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: 35 people are selected as an intervention group who will be trained for 10 days by creating the group in the software. Educational materials about the nature of the disease (definition of asthma, causes of disease, ways to diagnose and treat illness), teaching methods for controlling disease (personal hygiene, nutrition health, stimulus control, mental health, home care and respiratory training, exercise), and the use of aids Therapy and inhalation techniques will be given. During this period, educational materials including: Movies, educational posters and animation related to the disease will be placed in the group. In this group, patients in the intervention group can ask questions from the researcher, also, taking feedback from the researcher will be done every week at a specific time and after two months, samples are invited to complete the quality of life questionnaire.

Category

Lifestyle

2**Description**

Control group: There will be no intervention for patients in the control group. At the end of the intervention, patients receive control packages.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Tohed hospital

Full name of responsible person

Farzam Boustanchi

Street address

Tohid Hospital, Griashan St, Pardis Town

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Web page address

<http://www.muk.ac.ir/Muk/Hospitals/Tohid>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sanandaj University of Medical Sciences

Full name of responsible person

Farzin rezaee

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Deputy of Research and Technology of Kurdistan
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Web page address

<http://research.muk.ac.ir>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sanandaj 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

Sanandaj University of Medical Sciences

Full name of responsible person

Farzam Boustanchi

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Person responsible for updating data

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Fax**Email**

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