

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The effect of mobile-based pain management education on the pain and quality of life of adolescents with chronic pain in Shiraz, 1397

Protocol summary

Study aim

Comparison of the effect of pain management training on face-to-face mobile-based methods on pain and quality of life in adolescents with chronic pain in Shiraz (1397)

Design

A clinical trial with two intervention groups and a control group in which 192 patients will be assigned by random numbers. Blind double-sided.

Settings and conduct

Research Areas: Secondary Schools for Girls and Boys in 4 Education area in Shiraz. Patients will be randomly assigned to one of the three mobile education groups, face-to-face training, and control group. In the mobile-based education group, the software will provide educational materials to the patients. In face-to-face training, students will attend four sessions. There is no training in the control group. The current study is two-way blind. The companies themselves do not know which group will be placed and the researcher It also does not recognize this issue and is used to help researcher.

Participants/Inclusion and exclusion criteria

inter: Age between 12 to 18 years Secondary education
Teen Access to Mobile Having chronic pain diagnosis based on ICD 11 criteria
Exit: Having other chronic non-painful physical illnesses (such as MS, diabetes, cancer, etc.), according to a person
According to a person, he has chronic mental illness

Intervention groups

Intervention group 1: Mobile education
Intervention group 2: face to face training
Control group: Just fill in the questionnaires without any training.

Main outcome variables

Changes in quality of life score after receiving pain management training in both face-to-face and mobile-based methods, changes in pain severity score from receiving pain management training in both face-to-face and mobile-based methods.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180808040744N2**

Registration date: **2019-04-12, 1398/01/23**

Registration timing: **registered_while_recruiting**

Last update: **2019-04-12, 1398/01/23**

Update count: **0**

Registration date

2019-04-12, 1398/01/23

Registrant information

Name

Zahra Jahandide

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3647 4254

Email address

jahandide@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-20, 1397/12/01

Expected recruitment end date

2019-06-22, 1398/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of mobile-based pain management education on the pain and quality of life of adolescents with chronic pain in Shiraz, 1397		Secondary Ids	empty
Public title	The effect of mobile-based pain control education on the pain and quality of life of adolescents with chronic pain in Shiraz	Ethics committees	
Purpose	Education/Guidance	1	
Inclusion/Exclusion criteria		Ethics committee	
Inclusion criteria:	Age between 12 to 18 years Secondary education Access to smart phone Having chronic pain diagnosis based on ICD 11 criteria	Name of ethics committee	Ethics committee of Shiraz University of Medical Sciences
Exclusion criteria:	According to a person, he has chronic mental illness According to one's own opinion, the presence of other non-painful physical, chronic physical illnesses	Street address	Faculty of Nursing and Midwifery of Hazrat Fatemeh, Namazi Square, Shiraz
Age	From 12 years old to 18 years old	City	Shiraz
Gender	Both	Province	Fars
Phase	N/A	Postal code	7193613119
Groups that have been masked	- Participant - Investigator	Approval date	2019-01-31, 1397/11/11
Sample size	Target sample size: 640	Ethics committee reference number	IR.SUMS.REC.1398.091
Randomization (investigator's opinion)	Randomized	Health conditions studied	
Randomization description	At first, secondary schools from the four educational districts of Shiraz city are randomly selected, and from each district two girls and boys' state schools will be selected by systematic random sampling and then from each school in a randomized, three classes (From each base, a class will be selected. After obtaining informed consent, demographic information, pain intensity and quality of life are provided to them, and adolescents who have the criteria for entering the study are selected to enter the study. And these adolescents are randomly assigned to three groups of pain management training in person, mobile education and control.	1	
Blinding (investigator's opinion)	Double blinded	Description of health condition studied	chronic pain
Blinding description	To prevent contamination, all adolescents selected in a school are in the same category. The companies themselves do not know which group will be placed in, and the researcher will also not be aware of this. The purpose of the researcher's assistance is to use it and completely randomly place each sample in one of the intervention groups or control group. This study is a double-blind study.	ICD-10 code	G89.2
Placebo	Not used	ICD-10 code description	Chronic pain, not elsewhere classified
Assignment	Parallel	Primary outcomes	
Other design features		1	
		Description	Quality of life score in pediatrics quality of life questionnaire
		Timepoint	At the beginning of the study, immediately and 3 months after the end of the intervention
		Method of measurement	Pediatrics Quality of life questionnaire
		2	
		Description	Pain severity score in pain intensity questionnaire
		Timepoint	At the beginning of the study, immediately and 3 months after the end of the intervention
		Method of measurement	Numeic rating scale questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: In the mobile-based education group, the software will provide educational materials to the patients. For this purpose, patients in this group receive weekly instructional materials and encourages the use of the contents of the educational content provided in the software and will receive educational pamphlets.

Category

Rehabilitation

2

Description

Intervention group: Second intervention group: In face-to-face training, patients will attend four training sessions. These meetings will be held weekly (weekly by one meeting) and each session will last for 60 to 90 minutes. Face-to-face education will be done in groups of 8 to 10 people.

Category

Rehabilitation

3

Description

Control group: The control group will not receive any intervention.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Secondary schools in Shiraz

Full name of responsible person

jahandide zahra

Street address

Faculty of Nursing and Midwifery of Hazrat Fatemeh, Namazi Square, Shiraz

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Postal code

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Email

zahrajahandide7@gmail.com

Web page address

<http://nurs-midwif.sums.ac.ir>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

dr. ghasemi , younes

Street address

Faculty of Nursing and Midwifery of Hazrat Fatemeh, Namazi Square, Shiraz

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nurs_midwif@sums.ac.ir

Web page address

<http://nurs-midwif.sums.ac.ir>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Jahandide zahra

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Psychiatrics

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

SHAYGAN MARYAM

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychiatrics

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Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Jahandide zahra

Position

student

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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