

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Comparison of the impact of teach-back and pictorial education approaches on self-care behaviors for heart failure patients admitted in Farshchian hospital of Hamadan in 2018.

Protocol summary

Study aim

Comparison the effect of two teach-back and pictorial teaching methods on self-care behaviors of patients with heart failure.

Design

Randomized clinical trial with three groups, parallel group

Settings and conduct

The present study is conducted on 138 patients with heart failure referring to Farshchian hospital of Hamadan in three groups (two interventions and one control). In two intervention groups, training will be conducted by two methods of pictorial and teach-back on heart failure, nutrition, and drugs.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patient with heart failure for at least 6 months, Age between 40-70 years, Hospitalization in the heart ward for at least three days Exclusion criteria: Not attending in training sessions more than one meeting, Unwillingness to continue participating in the study

Intervention groups

In intervention group1: Training was conducted in teach-back method on the diet, physical activity and drug use will be presented during three sessions in three consecutive days and each session for 20 minutes. In intervention group2: Training was conducted with posters and photos (pictorial method) on diet, physical activity and drug use during three sessions for three consecutive days and each session for 20 minutes. In the control group: No special action will be taken.

Main outcome variables

Compliance with self-care behaviors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160110025929N16**

Registration date: **2018-10-12, 1397/07/20**

Registration timing: **registered_while_recruiting**

Last update: **2018-10-12, 1397/07/20**

Update count: **0**

Registration date

2018-10-12, 1397/07/20

Registrant information

Name

Mehdi Molavi Vardanjani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3422 5056

Email address

m.molavi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-23, 1397/07/01

Expected recruitment end date

2019-09-23, 1398/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the impact of teach-back and pictorial education approaches on self-care behaviors for heart

failure patients admitted in Farshchian hospital of Hamadan in 2018.

Public title

Comparison of the impact of teach-back and pictorial education approaches

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with heart failure for at least 6 months Age between 40 to 70 years Being admitted to the research environment for at least three days

Exclusion criteria:

Not attending more than one session in training classes Unwillingness to continue participating in the study

Age

From **40 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **138**

Randomization (investigator's opinion)

Randomized

Randomization description

In the present study, the patients were registered according to the sample size (138) according to the entry criteria, and using the blocking method (using a three-block method, three letters A, B and C with different permutations we place blocks in blocks and randomly select 46 blocks and assign each block to 3 people) will be assigned to three groups.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Hamadan University of Medical Sciences

Street address

Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan

City

Hamadan

Province

Hamadan

Postal code

38698-65178

Approval date

2018-09-01, 1397/06/10

Ethics committee reference number

IR.UMSHA.REC.1397.403

Health conditions studied

1

Description of health condition studied

Heart failure

ICD-10 code

I50

ICD-10 code description

Heart failure

Primary outcomes

1

Description

Compliance with self-care behaviors

Timepoint

Before and after intervention

Method of measurement

Self-care behaviors compliance questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group1: The tutorial will be run using the teach-back method. Educational content will be taught to the patient by a face-to-face researcher in plain language without the use of medical terminology. The patient is then asked to express the educational content in his / her own language. If the patient does not understand correctly, the content will be re-educated

Category

Lifestyle

2

Description

Intervention group2: Face-to-face training will be done with simple pictures, posters, and drug labels to remind of taking medications .

Category

Other

3

Description

Control group: Face-to-face training will be done at the time of admission in the ward.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Farshchian Hospital

Full name of responsible person

Mahnaz Khatiban

Street address

Shahid Fahmideh St., Farshchian Hospital, Hamadan

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Postal code

38698-65178

Phone

+98 81 3838 0535

Email

khatiban@umsha.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Saeed Bashirian

Street address

Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan

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s-bashirian@umsha.ac.ir

Grant name

Grant code / Reference number

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

No

Title of funding source

Deputy of research and technology

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

Hamedan University of Medical Sciences

Full name of responsible person

Mahnaz Khatiban

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Email

khatiban@umsha.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Mahnaz Khatiban

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

Maryam.am44201847@gmail.com

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Maryam Aghamohammadi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Phone

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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