

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effect of self-care program and family health ambassadors education on minor illnesses to reduce referring the doctor

Protocol summary

Study aim

Reduce the amount of referral to a doctor

Design

This study is a randomized controlled trial and is not blinding. In the first stage, the city of Kermanshah is divided into two regions of north and south according to the map. Then, each region will be divided into 3 areas with semi-privileged and weak areas based on socioeconomic status and surveys carried out by the health center of Kermanshah. Each area of two health centers are a total of 12 randomly selected base. 6 Intervention bases and 6 control bases. In the second step, Systematic random sampling will be done. The minimum required sample size for this stage of the study sample size and data using the formula $05/0 = \alpha$, $5/0 = P$ and $05/0 = d$, 384 households were determined. In order to increase the study capability, accuracy of the operation, reduce sampling error and more accurate judgment, the sample size was determined for each group (intervention and control) of 400 households.

Settings and conduct

This study is an interventional study that will conduct in households with health ambassador. After selecting the ambassador and explain the plan to their health, self-reported questionnaires or interviews will be completed by the Ambassador of health. Then she will be provided with self-care education in minor illnesses. Training courses are organized by Health Care Provider based at a health facility in accordance with the need and age groups living in the household (infant, child, maternity, etc.) for health ambassadors once every two weeks in a year. At the end of the year, the questionnaire was completed and analyzed for the entire household of the intervention and control group.

Participants/Inclusion and exclusion criteria

Age older than 18 years old; having literacy at least 8 classes; willing to participate in the project

Intervention groups

Self-care education in minor illnesses

Main outcome variables

Reduce the amount of referral to the doctor

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180619040153N1**

Registration date: **2018-10-24, 1397/08/02**

Registration timing: **registered_while_recruiting**

Last update: **2018-10-24, 1397/08/02**

Update count: **0**

Registration date

2018-10-24, 1397/08/02

Registrant information

Name

Sara Shahabadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 83 3725 7798

Email address

s_shahabadi15@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-10-22, 1397/07/30

Expected recruitment end date

2018-11-21, 1397/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-care program and family health ambassadors education on minor illnesses to reduce referring the doctor

Public title

The effect of health ambassadors action on reducing the amount of referral to a physician

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Have at least 8 classes of literacy At least 18 years of age

Exclusion criteria:

Unwillingness to cooperate

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**

Target sample size: **400**

Randomization (investigator's opinion)

Randomized

Randomization description

The studied population is households with active records in urban health centers covered by Kermanshah health center. In the first stage, the city of Kermanshah is divided into two regions of north and south according to the map. Then, each region will be divided into 3 areas with semi-privileged and weak areas based on socioeconomic status and surveys carried out by the health center of Kermanshah. From each region, two health. Each area of two health centers are a total of 12 randomly selected base. Intervention bases and 6 control bases. In the second step, Systematic random sampling will be done.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees1**Ethics committee****Name of ethics committee**

Ethic committee of Kermanshah University of Medical Sciences

Street address

No.38, Bahar Ave, Kermanshah

City

Kermanshah

Province

Kermanshah

Postal code

6718864192

Approval date

2017-09-26, 1396/07/04

Ethics committee reference number

IR.KUMS.REC.1396.347

Health conditions studied1**Description of health condition studied**

minor illnesses

ICD-10 code**ICD-10 code description****Primary outcomes**1**Description**

Referring to a doctor

Timepoint

Before and After of Intervention

Method of measurement

Questionnaire

Secondary outcomes1**Description**

Times of referral to the doctor

Timepoint

Before and After the Intervention

Method of measurement

Questionnaire

Intervention groups1**Description**

Intervention group: After selecting the health ambassador, Self-care education book is provided to her in minor illnesses. Then training courses are held by Health Care Provider based on needs and age groups for health ambassadors face to face.

Category

Behavior

2

Description

Control group: An intervention will not be made during the project, but after the end of the project, training courses will provide to this group, like that health ambassadors.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Helth Centers

Full name of responsible person

Sara Shababadi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Farid Najafi

Street address

Shahid Beheshti Blv.

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Province

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6714673159

Phone

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farid_n32@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah 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

Kermanshah University of Medical Sciences

Full name of responsible person

Sara Shahabadi

Position

Non-faculty specialist

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

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Latest degree

Medical doctor

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

Sara Shahabadi

Position

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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

Not applicable

Informed Consent Form

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

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable