

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

Assessing the effect of self- care program on quality of life in patients with psoriasis

Protocol summary

Study aim

This study is done to determine the effect of self-care program on the quality of life of patients with psoriasis

Design

This study is a Single-arm trials with a before and after study design

Settings and conduct

A self-care education program will be held at the Razi Skin Hospital, Tehran, including discussion groups, providing booklet and telephone follow up along with a presentation of educational pamphlets. 1 And 2 months after the discharge, the intervention group will be contacted to answer questions that may be asked about the training given and Compliance with the given training should be considered

Participants/Inclusion and exclusion criteria

Inclusion criteria: confirming the diagnosis of psoriasis by doctor, age 18 years old and older, at least 3 months before the study had a history of psoriasis; Exclusion criteria: Not participate in one of the training sessions for the intervention group and Unwillingness to cooperate.

Intervention groups

Intervention group: Self-care education in groups of 10 patients in 4 sessions of 40 minutes, then followed up for 2 months.

Main outcome variables

Quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181119041699N1**

Registration date: **2019-01-27, 1397/11/07**

Registration timing: **registered_while_recruiting**

Last update: **2019-01-27, 1397/11/07**

Update count: **0**

Registration date

2019-01-27, 1397/11/07

Registrant information

Name

nasrin rajabi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 35 3187 2200

Email address

sadeghi-ha@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-12, 1397/10/22

Expected recruitment end date

2019-04-11, 1398/01/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of self- care program on quality of life in patients with psoriasis

Public title

Assessing the effect of self- care program on quality of life in patients with psoriasis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Confirming the diagnosis of psoriasis by doctor Age of

45-18 years old At least 3 months before the study had a history of psoriasis The ability to read and write in Persian Willingness to participate in the study Was not pregnant
Exclusion criteria:
Unwilling to continue collaboration in study Dying during the study

Age

From **18 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University Tehran Medical Branch ethics committee

Street address

Khaghani st. Shariati Ave. Tehran Medical Branch, Islamic Azad University, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1916893813

Approval date

2018-10-29, 1397/08/07

Ethics committee reference number

IR.IAU.TMU.REC.1397.235

Health conditions studied

1

Description of health condition studied

psoriasis

ICD-10 code

L40.1

ICD-10 code description

Generalized pustular psoriasis

Primary outcomes

1

Description

Quality of life

Timepoint

Before and 2 months after intervention

Method of measurement

Dermatology Life Quality Index and 36-Item Short Form Survey

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: self-care training in groups of 10 people at 4 sessions of 40 minutes, then followed up for 2 months.

Category

Lifestyle

2

Description

Control group: the routine training, follow-up after 2 months

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi Hospital

Full name of responsible person

Robabe Abedini

Street address

Razi Alley, Islamic Unity Square

City

Tehran

Province

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Postal code

1199663911

Phone

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Fax

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Email

razihospital@sina.tums.ac.ir

Web page address

http://razihos.tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Farshad Hashemiyan

Street address

Khaghani st. Shariati Ave. Tehran Medical Branch,
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Fax

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Email

info@iauctb.ac.ir

Web page address

http://iauctb.ac.ir/fa

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

Zahra Moshtagh

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Nursery

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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