

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

The Effect of Applying Life Skills on Quality of Life in Major Thalassemic Adolescents

Protocol summary

Study aim

Determining the Effect of Dexterity Life on Quality of Life in Adolescents with Thalassemia Major

Design

The research units will be selected through easy and available sampling from these adolescents. Subjects will then be divided into two groups of intervention (42) and the control group (42). Detection in each of the two groups is randomly based on The lottery is then followed by both groups of pre-test questionnaires. This study is a clinical trial with a control group, community based and pragmatic, non-blind.

Settings and conduct

The training intervention will be conducted by the researcher in six sessions for 2 sessions. The training material will be performed in each two-skill training session and reviewing the previous skills. The last session of the review will be all the material being told. At each meeting ... people are present. Meetings are held at the conference hall of the Baghaee Hospital 2.

Participants/Inclusion and exclusion criteria

The teenager tends to attend educational sessions. The person has not previously participated in life skills training courses. Not having simultaneous chronic illnesses and other treatments (known).

Intervention groups

In this study, the samples were divided into intervention and control groups. The control group receives ten life skills, but the control group does not receive intervention. At the end, the effectiveness of applying these skills and its impact on the quality of life of the control group is measured and compared with the control group

Main outcome variables

Physical dimension of quality of life, physical dimension, psychological dimension, dimension of school environment, self-perception, social acceptance and relationship with peers, financial resources, autonomy, creativity and excitement

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181202041825N1**

Registration date: **2019-03-09, 1397/12/18**

Registration timing: **retrospective**

Last update: **2019-03-09, 1397/12/18**

Update count: **0**

Registration date

2019-03-09, 1397/12/18

Registrant information

Name

Hadis Zamanifar

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4322 4819

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zamanifar.h@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-06, 1397/08/15

Expected recruitment end date

2018-11-13, 1397/08/22

Actual recruitment start date

2018-11-06, 1397/08/15

Actual recruitment end date

2018-11-13, 1397/08/22

Trial completion date

empty

Scientific title

The Effect of Applying Life Skills on Quality of Life in Major Thalassaemic Adolescents

Public title

The Effect of Applying Life Skills on Quality of Life in Thalassaemic Adolescents

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Willing to participate in the study. Not known to have any other illness (known) The person has not participated in life skills training courses before

Exclusion criteria:

Do not attend life skills classes.

Age

From **13 years** old to **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **84**

Randomization (investigator's opinion)

Randomized

Randomization description

The method of assigning intervention to individuals is randomized and random blocked blocks with block size 4 (using the table for random permutations) by statistician.

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

The Ethics Committee of the University of Ahvaz
Jundishapur University of Medical Sciences

Street address

No. 7, West Golestan Ave., Golestan Blvd.,
AhvazTown

City

Ahvaz

Province

Khouzestan

Postal code

6193673111

Approval date

2018-11-05, 1397/08/14

Ethics committee reference number

IR.AJUMS.REC.1397.572

Health conditions studied

1

Description of health condition studied

Major Talasemi

ICD-10 code

D56.1

ICD-10 code description

Beta thalassemia

Primary outcomes

1

Description

Quality of Life Score in Kidascrine's Questionnaire 52

Timepoint

At the beginning of the study and 3 months after it began

Method of measurement

Quality of life questionnaire for adolescents in Kidascrine 52

Secondary outcomes

1

Description

quality of life

Timepoint

Before starting the study. 2months after teaching life skills, quality of life is measured

Method of measurement

According to the Quality of life questionnaire for adolescents in Kidascrine 52

Intervention groups

1

Description

Intervention group: Pretest is taken. Next, intervention is the teaching of ten life skills (skills provided by the World Health Organization) in the form of classroom classes, questions and answers, the use of visual audiovisual equipment, instructional manuals, etc. 2 months later, the post-test is taken.

Category

Behavior

2

Description

Control group: This group is taken out of the pre-test. They will not receive the training. 2 months later, the post-test is taken

Category
Behavior

Country of origin
Type of organization providing the funding
Academic

Recruitment centers

1

Recruitment center

Name of recruitment center
Baghaee2 Hospital
Full name of responsible person
Hooshang Alijani Renani
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz 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

2

Sponsor

Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Dr. Mohammad Badvi
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz 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
Ahvaz University of Medical Sciences
Full name of responsible person
Alijanirenani Hoshang
Position
University professor
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Nursery
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Person responsible for scientific inquiries

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Person responsible for updating data

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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

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

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

Title and more details about the data/document

En Information on the primary outcome and the secondary outcome is shared.

When the data will become available and for how long

Start the access period, 6 months after printing the results

To whom data/document is available

En Data is only available to researchers working in universities

Under which criteria data/document could be used

It is applicable to life skills and adolescents of thalassemia

From where data/document is obtainable

t is available to assess the knowledge and performance of families.

What processes are involved for a request to access data/document

The application must first be sent to the Ahvaz University of Medical Sciences. After being examined by the Vice-Chancellor, the application will be sent to the Nursing Midwifery Faculty, and will be sent to the Nursing Midwifery Library after being submitted to the library.

Comments