Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of health literacy promotion through virtual education on the self-care of heart failure patients

Protocol summary

Study aim
Determining the impact of health literacy promotion on self-care in patients with heart failure
Design
Randomized clinical trial, control and intervention groups
Settings and conduct
In this study, patients will be divided into two groups of intervention and control, through table of random numbers. For both groups, intervention and control, before and after study, Self-care and demographics questionnaire will be completed. This study will be done in oil and Rajaie hospitals and private clinics of Gachsaran
Participants/Inclusion and exclusion criteria
Inclusion criteria: 1. Age 35 to 75 2. Ability to speak Persian, having reading and writing skills 3. The ejection fraction of less than 45% 4. Satisfaction to participate in the research 5. Access to WhatsApp and the ability to use Cyberspace. Exclusion criteria: 1. Cases of other diseases such as chronic kidney disease, liver cirrhosis and cancers 2. Having a mental illness
Intervention groups
the intervention, will be provided 4section to the intervention group through electronic cyber (software ispring)The control group received only routine training.
Main outcome variables
Self-care

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20190311043021N1**
Registration date: **2020-05-02, 1399/02/13**
Registration timing: **retrospective**

Last update: **2020-05-02, 1399/02/13**
Update count: **0**
Registration date
2020-05-02, 1399/02/13

Registrant information
Name
Khadijeh Saberi nejad
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 74 3233 3728
Email address
khadijeh.saberi428@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-05-22, 1398/03/01
Expected recruitment end date
2019-08-22, 1398/05/31
Actual recruitment start date
2019-05-22, 1398/03/01
Actual recruitment end date
2019-09-22, 1398/06/31
Trial completion date
2019-12-06, 1398/09/15

Scientific title
The effect of health literacy promotion through virtual education on the self-care of heart failure patients

Public title
effect of health literacy promotion on heart failure patients
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Age 35 to 75 Cyberspace. Ability to speak Persian,

having reading and writing skills3. The ejection fraction of less than 45% based on the patient's echocardiography Satisfaction to participate in the research Access to WhatsApp and the ability to use

Exclusion criteria:

Cases of other diseases such as chronic kidney disease, liver cirrhosis and cancers Inability to take care of yourself Having a mental illness

Age

From **35 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **56**

Actual sample size reached: **56**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, table of random numbers and an online software (from www.random.org/integers website) will be used to divided patients into two groups of intervention and control.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University - Isfahan (Khorasgan) Branch

Street address

Department of Nursing, School of Medical Science, Yazd Branch, Islamic Azad University,Gomham Shohaday Bolvar,Safaey Yazd, Iran

City

yazd

Province

Yazd

Postal code

8915813135

Approval date

2019-05-15, 1398/02/25

Ethics committee reference number

IR.IAU.KHUISF.REC.1398.062

Health conditions studied

1

Description of health condition studied

heart failure

ICD-10 code

I50.9

ICD-10 code description

Heart failure, unspecified

Primary outcomes

1

Description

Self-care

Timepoint

Self-care measurement before intervention and one month after training

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Educational content will be provided for intervention group through electronic cyberspace (ispring software) in four sessions. In first sessions, definition of heart failure, mechanism, reasons and the cause of heart failure symptoms and also under what circumstances should the patient see his or her doctor, will be explained.Second session will contain symptoms, diagnosis, general principles of treatment of heart failure, which contains pharmacological and surgical treatment, non-pharmacological management of heart failure and increasing factors of heart failure Risk.Third session Includes activity and rest in heart failure patients, contact or visiting a doctor and How to control daily weight.In fourth session, diet in heart failure patients, obesity control, smoking, Influenza injection time, will be studied.

Category

Lifestyle

2

Description

Control group will only receive routine training which includes training given by nurses while the patients are admitted in hospitals or when they visit a doctor private clinic.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Specialty Clinics of Rajaee Hospital and Oil Hospital

Full name of responsible person
Masoumeh Barkhordari sharifabad

Street address
Sharghi 5 jazireh,12Beasat,Beasat Bolvar,Dastgah Pansad,Gachsaran,Iran

City
Gachsaran

Province
Kohgilouyeh-va-Boyrahmad

Postal code
7581833478

Phone
+98 74 3233 3728

Email
khadijeh.saberi428@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Masoumeh Barkhordari Sharifabad

Street address
Department of Nursing, School of Medical Science, Yazd Branch, Islamic Azad University,Gomham shohaday Bolvar,Safaey Yazd, Iran

City
Yazd

Province
Yazd

Postal code
8915813135

Phone
+98 35 3821 1391

Email
khadijeh.saberi428@gmail.com

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
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
Yazd Branch, Islamic Azad University, Yazd, Iran

Full name of responsible person
Masoumeh Barkhordari Sharifabad

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Department of Nursing, School of Medical Science, Yazd Branch, Islamic Azad University,Gomham Shohaday Bolvar,Safaey Yazd, Iran

City
Yazd

Province
Yazd

Postal code
8915813135

Phone
+98 35 3821 1391

Email
khadijeh.saberi428@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Yazd Branch, Islamic Azad University

Full name of responsible person
Maasoumeh Barkhordari Sharifabad

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Department of Nursing, School of Medical Science, Yazd Branch, Islamic Azad University,Gomham Shohaday Bolvar,Safaey Yazd, Iran

City
yazd

Province
Yazd

Postal code
8915813135

Phone
+98 35 3821 1391

Email
Khadijeh.saberi428@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Yazd Branch, Islamic Azad University

Full name of responsible person
Masoumeh Barkhordari Sharifabad

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Department of Nursing, School of Medical Science, Yazd Branch, Islamic Azad University,Gomnam Shohaday Bolvar,Safaey Yazd, Iran

City
یزد

Province
Yazd

Postal code
8915813135

Phone
+98 35 3821 1391

Email
khadijeh.saberi428@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is 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
Yes - There is a plan to make this available

Title and more details about the data/document
All data is shared after unidentifiable people

When the data will become available and for how long
6 months after printing the results

To whom data/document is available
Researchers working in academic and scientific institutions

Under which criteria data/document could be used
This data will be of use to medical science researchers for further analysis

From where data/document is obtainable
(Yazd Azad University, School of Nursing)

What processes are involved for a request to access data/document
Applicant from the Research Department of the University of Origin Apply to the Research Department of the destination university (Yazd Azad University, School of Nursing)

Comments