

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Evaluating the effectiveness of educational intervention on the nutritional behavior and physical activity in patients with type 2 diabetic based on KirkPatrick's model

Protocol summary

Registration timing: **retrospective**

Study aim

Evaluation of the Effectiveness of Educational Intervention on the Nutritional Behavior and Physical Activity of Diabetic Patients Referring to Health Care Centers Affiliated to Shiraz University of Medical Sciences Based on the Kirk Patrick Model

Last update: **2019-05-24, 1398/03/03**

Update count: **0**

Registration date

2019-05-24, 1398/03/03

Design

Clinical trial with intervention and control group

Registrant information

Name

Maryam Mehranpour

Name of organization / entity

Country

Iran (Islamic Republic of)

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m.mehranpour2522@gmail.com

Settings and conduct

Organizing training sessions in diabetes clinics in comprehensive health centers affiliated to Shiraz University of Medical Sciences and completing satisfaction questionnaire related to participation in research.

Recruitment status

Recruitment complete

Funding source

Participants/Inclusion and exclusion criteria

Entry requirements: Diabetics over 30 years of age; Have a history of 1 year old diabetic disease with reading and writing skills. Conditions of non-entry: lack of participation in the classroom and reluctance to cooperate in research.

Expected recruitment start date

2019-04-20, 1398/01/31

Expected recruitment end date

2019-05-19, 1398/02/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Intervention groups

Control group: no intervention for the control group will be performed. Intervention group: for this group, training sessions on the effects of regular exercise and proper diet are conducted and after 2 months the results of the tests are compared with the control group.

Scientific title

Evaluating the effectiveness of educational intervention on the nutritional behavior and physical activity in patients with type 2 diabetic based on KirkPatrick's model

Main outcome variables

Reduce the complications of diabetes and improve the health of these patients

Public title

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181219042057N1**

Registration date: **2019-05-24, 1398/03/03**

The effect of education on diet and physical activity on reducing blood glucose

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

History of type 2 diabetes for at least one year Having at least 30 years of age for participants Having reading and writing skills Lack of other underlying diseases other than diabetes

Exclusion criteria:

The patient's unwillingness to continue to collaborate in the research Missing more than one session in training classes Patient admission to the hospital during the duration of the research Failure to reenter the patient to complete the questionnaire

Age

From **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

National Ethics Committee for Biomedical Research

Street address

no 11/2 , andishe ave , farhangshahr blvd

City

shiraz

Province

Fars

Postal code

7185954992

Approval date

2019-01-11, 1397/10/21

Ethics committee reference number

IR.SUMS.REC.1397.916

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E12

ICD-10 code description

Diabetes Mellitus

Primary outcomes

1

Description

The effect of training on reducing blood glucose levels

Timepoint

Beforem, immediately and two months after the intervention

Method of measurement

Check blood glucose

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group: The training group will be involved in the first training session on the objectives of the design and the motivation survey. During the other three sessions, the effect of the activity and observation of low-fat and low calorie diet will be explained and the motivational questionnaire will be repeated by the participants. Will be completed. The duration of each session will be up to 1.5 hours.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Hakim Health Center

Full name of responsible person

Dr Mohammadi

Street address

Farhangshahr Blv , Hakim health center

City

Shiraz

Province

Fars

Postal code

7185643565

Phone

+98 71 3633 2905

Email

z.talebi_arc89@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Ali Poostforoosh

Street addressZand Street, Central Building of Shiraz University of
Medical Sciences Shiraz city**City**

Shiraz

Province

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71348-14336

Phone

+98 71 3235 7282

Email

vcrdep@sums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shiraz 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**

Shiraz University of Medical Sciences

Full name of responsible person

Shahrzad Yektatalab

Position

Ph.D. in Nursing

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street addressNamazi Square, School of Nursing and Midwifery,
Shiraz**City**

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Province

Fars

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71348-14338

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Email

shahrzadyekta@yahoo.com

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Shahrzad Yektatalab

Position

ph.d in nursing

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street addressNamazi Square, School of Nursing and Midwifery,
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Person responsible for updating data**Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Maryam Mehranpour

Position

nursing expert

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

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

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

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