Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of peer education method on life expectancy and quality of life in patients with multiple sclerosis: a before-after clinical trial

Protocol summary

Study aim
To assess the effect of peer education method on life expectancy and quality of life in patients with multiple sclerosis

Design
This is a before-after clinical trial, in which 40 eligible patients will be assigned to the intervention group.

Settings and conduct
The eligible patients with multiple sclerosis referring to the Sina Hospital in Hamadan city during the study period will be enrolled in the trial.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Age of 18 to 65 years, Affected with multiple sclerosis, Exclusion criteria: The duration of the disease is less than 5 years

Intervention groups
Intervention group: Face-to-face training through peer education method for 60 minutes once a week for 2 weeks

Main outcome variables
Primary outcome: Life expectancy, quality of life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20120215009014N346**
Registration date: **2020-03-13, 1398/12/23**
Registration timing: **prospective**

Last update: **2020-03-13, 1398/12/23**
Update count: **0**

Registration date
2020-03-13, 1398/12/23

Registrant information

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Name of organization / entity
Department of Epidemiology & Biostatistics Hamadan University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-04-20, 1399/02/01

Expected recruitment end date
2020-06-20, 1399/03/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of peer education method on life expectancy and quality of life in patients with multiple sclerosis: a before-after clinical trial

Public title
Effect of peer education method on life expectancy and quality of life in patients with multiple sclerosis

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Age of 18 to 65 years, Affected with multiple sclerosis,

Exclusion criteria:
The duration of the disease is less than 5 years

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

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

Ethics Committee of Hamadan University of Medical Sciences

Street address

Vice-chancellor for Research and Technology, Hamadan University of Medical Sciences, Shahid Fahmideh Ave

City

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Province

Hamadan

Postal code

6517838695

Approval date

2020-02-29, 1398/12/10

Ethics committee reference number

IR.UMSHA.REC.1398.1059

Health conditions studied

1

Description of health condition studied

Multiple sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

Primary outcomes

1

Description

Life expectancy

Timepoint

Before the intervention and one month after that

Method of measurement

Using Miller Health Scale (MHS) questionnaire

2

Description

Quality of life

Timepoint

Before the intervention and one month after that

Method of measurement

Using Ware & Sherbourne questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Face-to-face training through peer education method for 60 minutes once a week for 2 weeks

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Sina Hospital in Hamadan city

Full name of responsible person

Mohadese Jamehbozorg

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Sina Hospital, Mirzadeh Eshghi Ave.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
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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
Hamedan 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
Hamedan University of Medical Sciences
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Position
Student of Nursery
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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

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