

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of The Effectiveness of Family Care Based on Health Belief Model and Education of Health Promotion Lifestyle on illness Perception and Physical Symptoms in Asthma Patients.

Protocol summary

Study aim

Comparing the Effectiveness of Family Care Based on Health Belief Model and Teaching Health Promotion Styles on the Perception of Disease and Physical Symptoms in Patients With Asthma, as Well as Determining the Effectiveness of Family Care Education Based on Health Belief Model and Determining the Rate of Health Promotion Health on the Perception of Disease and the Physical Symptoms of Patients With Asthma.

Design

Controlled Clinical Trial, Not Blind, Randomized Design.

Settings and conduct

At the Fayazbakhsh Hospital, With the Presence of Dr. Jafari, an Asthma Specialist, the Patients' Files Were Reviewed and Interviewed. If Satisfied, Patients Complete the Questionnaires in Two Stages: Pre-Test and Post-Test. The Treatment Protocol is Performed in 8 Sessions on the Intervention Group at the Doctor's Clinic.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Age Between 40 and 60 Years; Diagnosis of Asthma and no Gender Restriction. Exclusion Criteria: Mental Disorders and Other Pulmonary Diseases.

Intervention groups

The Acceptance and Commitment Group Therapy Protocol (OCT) Will be Administered to the Experimental Group to Change Lifestyle, Health Beliefs, and Perceptions of Illness to Promote Health and Reduce the Physical and Psychological Symptoms of Asthma Patients, and the Control Group Will Continue Their Treatment Had.

Main outcome variables

The Main Implications of This Study are: In the Perception of Disease Questionnaire (Bradbot et al. 2006), and in the Lifestyle Questionnaire (Walker et al. 1987), to Improve Health and Reduce Physical and Mental Symptoms.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200317046802N1**

Registration date: **2020-04-12, 1399/01/24**

Registration timing: **retrospective**

Last update: **2020-04-12, 1399/01/24**

Update count: **0**

Registration date

2020-04-12, 1399/01/24

Registrant information

Name

Leila Asani

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-21, 1398/11/01

Expected recruitment end date

2020-02-19, 1398/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of The Effectiveness of Family Care Based on Health Belief Model and Education of Health Promotion Lifestyle on illness Perception and Physical Symptoms in Asthma Patients.

Public title

Comparison of The Effectiveness of Family Care Based on Health Belief Model and Education of Health Promotion Lifestyle Acceptance and Commitment Therapy in Asthma Patients.

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Tendency to Participate in Research Projects, Age Range 30 to 60 Years Have a Minimum of Literacy Be treated for at Least One Year (With the Approval of the Relevant Specialist) Consent to Participate in Research Low Score of Lifestyle Questionnaire and Health Perception Related to Health Promotion

Exclusion criteria:

Kidney and Liver Disease Use of Psychotropic Drugs

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Based on the inclusion criteria and the performance of a pre-test session of 40 individuals who scored lower than the average after completing the Health Belief Forms Questionnaire and Health Promoting Styles Questionnaire and Illness Perception Questionnaire, they were selected by purposeful sampling. Since the study groups are equal in sample size, we use simple random allocation law, which is one of the limited randomization methods, and we divide the individuals into two intervention and control groups. We record patient data on 40 separate sheets and place the sheets inside the draw container and then randomly record 20 sheets out of the intervention group and place the remaining 20 sheets in the control group. To give. If there was a loss in treatment sessions, the sample size would be randomly eliminated in order to equalize the sample size, and eventually the number of subjects in both groups should be the same. Intervention group (n = 20) will have 8 sessions of 120 minutes acceptance and commitment therapy intervention and control group will not receive any intervention.

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**

Ethics committee of Hormozgan University of Medical Sciences

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Shahid Chamran Blvd., Hormozgan University of Medical Sciences

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Postal code

7916613885

Approval date

2019-12-07, 1398/09/16

Ethics committee reference number

IR.HUMS.REC.1398.321

Health conditions studied**1****Description of health condition studied**

Asthma disease

ICD-10 code

J45

ICD-10 code description

Asthma

Primary outcomes**1****Description**

Short-Term Form of Disease Perception (Bradbent et al. 2006), Related to Health in Physical and Mental Symptoms.

Timepoint

At the Beginning of the Study (Before the Intervention) and After 8 Sessions of Group Therapy, Acceptance and Commitment.

Method of measurement

Short Scale of Disease Perception (Bradbent et al. 2006), Lifestyle Questionnaire with Health-Related Physical and Mental Symptoms.

Secondary outcomes

1

Description

Lifestyle Score (Walker et al. 1987) Related to Health in Physical and Mental Symptoms.

Timepoint

Scores of Health Promoting Lifestyle Questionnaires (Walker et al. 1987); Illness Perception (Bradbot et al. 2006); at Baseline (Before Intervention) and After Treatment Protocol Implementation.

Method of measurement

Short Form Perceptions Questionnaire (Bradbot et al. 2006); Health Promoting Lifestyle Questionnaires (Walker et al. 1987)

Intervention groups

1

Description

Intervention group: Acceptance and Commitment Therapy (ACT) has six central processes that lead to psychological flexibility. These six processes are: "Acceptance, Faulting, self as context, present-day communication, recognizing values and committed action Intervention group". In fact the purpose of Acceptance and Commitment therapy, is not to make a direct change in the client. Rather, its purpose is to help clientele communicate their experiences in different ways and be able to engage completely with meaningful, value-based life. The proposed protocol is based on the Acceptance and Commitment Book by Hayes, Straussell and Wilson. In the intervention group: There are 20 asthma sufferers who complete the Health Promoter Questionnaire (Walker et al., 1987) short-form questionnaires (Walker et al., 1987) before completing the protocol, with complete specifications. . In the intervention group, the Acceptance and Commitment Therapy protocol (ACT) will be conducted in eight consecutive 90-minute sessions in 4 consecutive weeks.

Category

Behavior

2

Description

Control Group: There are 20 Patients With asthma WHO Complete the Health Promoter (Walker et al. 1987) Shortlisted Test With a Complete List of Specifications in the Pre-Test Questionnaire. This Group has Routine Care For 4 Weeks and no Extra Work is Done on Them. After 4 Weeks, this Group Also Completes the Questionnaires After the Test.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Fayazbakhsh Hospital

Full name of responsible person

Dr. Jafari

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Next to Vitaan factory at the Beginning of Persian Gulf Street ,7 Km of Old Karaj Road

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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?

No

Title of funding source

En 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

Islamic Azad University

Full name of responsible person

Leila Asani

Position

Student

Latest degree

Master

Other areas of specialty/work

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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

Not applicable

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