

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

The effect of educating health promotion strategies model on self-care self-efficacy in elderly with kidney transplantation

Protocol summary

Reduce treatment costs Disease prevention

Study aim

Determining the effect of implementing the model of health promotion strategies on self-efficacy of self-care in the elderly with all transplants in 1399.

Design

Clinical trials with control groups, with parallel groups, have not been blinded. Accidental in stage 2 sampling on 60 patients using random block production site.

Settings and conduct

Teaching health promotion strategies in the classroom of Labbafinejad Hospital in Tehran s a group (minimum group of 4 people and maximum of 10 people) in 8 sessions (during 8 weeks and one week a week), for 40-60 minutes .

Participants/Inclusion and exclusion criteria

-Conditions for entering the study Age over 60 years. Have a desire to participate in research. At least 6 months have passed since the kidney transplant. Have no history of known mental health problems. Includes known cognitive problems Alzheimer's, stroke, transient stroke, and impaired hearing and vision to the point that he cannot read or write; Don't get infected. Have the physical and mental ability to attend training sessions . Accompany the patient to a person who is directly involved in patient care. -Conditions for not entering the study: Dissatisfaction with continuing to cooperate with research, for any reason and at any stage of the research. Absence in two or more training sessions. Death of the person being studied during the study.

Intervention groups

The intervention method is that patients will be taught in groups (minimum of 4 people and a maximum of 10 people) in 8 sessions (during 8 weeks and one day a week) for 40-60 minutes in the class. An instruction booklet will be provided at each session on the topics covered. The researcher's telephone number will be provided to them. Patients in the control group will receive routine care and training.

Main outcome variables

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111210008348N48**

Registration date: **2020-08-23, 1399/06/02**

Registration timing: **registered_while_recruiting**

Last update: **2020-08-23, 1399/06/02**

Update count: **0**

Registration date

2020-08-23, 1399/06/02

Registrant information

Name

Neda Mirbagher

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

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+98 36 1555 0021

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mirbagher_n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-20, 1399/03/31

Expected recruitment end date

2020-12-20, 1399/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educating health promotion strategies model on self-care self-efficacy in elderly with kidney transplantation

Public title

The effect of educating health promotion strategies model on self-care self-efficacy

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Age over 60 years Have a desire to participate in research. At least 6 months have passed since the kidney transplant. Have no history of known mental health problems. Includes known cognitive problems Alzheimer's, stroke, transient stroke, and impaired hearing and vision to the point that he cannot read or write; Don't get infected. Have the physical and mental ability to attend training sessions Accompany the patient to a person who is directly involved in patient care.

Exclusion criteria:

Dissatisfaction with continuing to cooperate with research, for any reason and at any stage of the research. Absence in two or more training sessions. Death of the person being studied during the study

AgeFrom **60 years** old**Gender**

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **60****Randomization (investigator's opinion)**

Randomized

Randomization description

Sampling is done in two steps. At first, sixty patients were non-randomly selected and had entry criteria among patients with kidney transplants who had undergone a kidney transplant at Tehran's Labafinejad Hospital and had a file. Then, these people will be divided into 10, 6-person blocks by referring to the random block production site, in which 3 people will intervene and 3 people will be controlled in each group.

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 Kashan University of Medical Sciences

Street address

School of Nursing and Midwifery, Kashan university of medical sciences, Parastar St., Qotbe Ravandi Blv, Kashan, Iran

City

kashan

Province

Isfahan

Postal code

8715981151

Approval date

2020-04-17, 1399/01/29

Ethics committee reference number

IR.KAUMS.NUHEPM.REC.1399.004

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

Health promotion strategies model

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Self-efficacy of self care

Timepoint

Before, after and one month after intervention

Method of measurement

Questionnaire of health promotion strategies in self-care self-efficacy

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Training based on the model of health promotion strategies program will be performed for 8 weeks and one day a week, for 40-60 minutes in the classroom located in Shahid Labbafinejad Hospital.

Category

N/A

2

Description

Control group: Will not receive any intervention for 8 week and will receive routine care such as medication.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Labbafinejad Hospital

Full name of responsible person

Masoumeh Hosseini

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Hamid Reza Banafsheh

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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

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Masoumeh Hosseini

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

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

Not applicable

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable