

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

Comparing the effect of telegram based virtual training and in-person training on asthma control and Quality of life in teenagers suffering from severe and moderate asthma

Protocol summary

Summary

The aim of study is to determine the effect of telegrams-based virtual and in-person training on their disease control and quality of life of adolescents with asthma. Design of this study is a single blind randomized controlled clinical trial. The Population of study is adolescents with moderate and severe asthma; access to the internet; having enough familiarity to use the internet and telegram; who is excluded when is participated in the training program in the past year; having other chronic diseases. 60 adolescents is allocated in two groups by random sampling, 30 in each group. The primary outcomes is measured the Quality of life in adolescents with asthma (AQL questionnaire) and asthma control (ACQ questionnaires). At begin of study, those questionnaires is completed by two groups. Intervention in the control group is included using the books of asthma in the conference hall of the School of Nursing and Midwifery of Tabriz and in study group with using of telegram and the multimedia such as video, photo, voice and text with the same content equal with the control group. Quality of life and asthma control questionnaire are completed by adolescents in two groups after one month.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201704224613N23**
Registration date: **2017-05-21, 1396/02/31**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-05-21, 1396/02/31

Registrant information

Name

Sousan Valizadeh Dehkharghani

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor of Research of Tabriz University of Medical Sciences

Expected recruitment start date

2017-05-10, 1396/02/20

Expected recruitment end date

2017-08-22, 1396/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of telegram based virtual training and in-person training on asthma control and Quality of life in teenagers suffering from severe and moderate asthma

Public title

Comparing the effects of telegram based training and in-person training in teenager suffering from asthma

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age of adolescents 12-19 years old, the tendency of to participate in the study; informed consent of adolescents and their parents to participate in research; access to the internet; having enough familiarity to use the internet and telegram; a definite diagnosis of moderate and severe asthma by a physician. Exclusion criteria: participation in the training program in the past year; having other chronic diseases.

Age

From **12 years** old to **18 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

Blinding (investigator's opinion)

Single 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 Tabriz University of Medical Sciences

Street address

Research department, third floor, central construction number 2, Tabriz medical science university, Golgasht Street, Azadi Avenue, Tabriz

City

Tabriz

Postal code

4419951668

Approval date

2017-03-12, 1395/12/22

Ethics committee reference number

IR.TBZMED.REC.1395.1309

Health conditions studied

1

Description of health condition studied

Asthma

ICD-10 code

J45

ICD-10 code description

Mixed asthma

Primary outcomes

1

Description

Quality of Life

Timepoint

At began of study and the end of training intervention

Method of measurement

ASTHMA QUALITY OF LIFE QUESTIONNAIRE FOR 12 YEARS AND OLDER (AQLQ +12)

2

Description

Asthma Control

Timepoint

Before and after training intervention

Method of measurement

The Asthma Control Questionnaire (ACQ)

Secondary outcomes

empty

Intervention groups

1

Description

In telegram-based training group, training will be carried out with the use of multimedia such as video, photo, voice, text (based on Wong pediatric book and Asthma and Allergy book, and the book of educating patients and their families (after formation of telegram groups. Training will be held over 5 sessions (each session lasting 50 minutes and 15 minutes to confirm the comments and discussions) once every three days. Because educational programs through telegram for 50 minutes was boring for sending a burst of photos and video, text and voice without a face-to-face and real communication so contents of one session split in several section and later training each part will be followed by sending videos and pictures, and text and audio (in order to ensure the observation of content by the participants), all group members will attend out and questions answered, and then the topic will be taught. To avoid wasting time for video and picture and sound, high-speed Internet will be prepared. At the beginning of the next session, the participants are asked whether they have any questions about the contents of the previous session or not and after answering the probable questions, the new content will be discussed.

Category

Behavior

2

Description

In the control group (face to face training) training intervention is done with using Wong Pediatric book, Asthma and Allergy and the educating to patients and their families book in conference hall of Tabriz nursing and midwifery faculty. Training will be held over 5 sessions (each session lasting 50 minutes and 15 minutes to confirm the comments and discussions) once every three days. At the beginning of the next session, the participants are asked whether they have any questions about the contents of the previous session or not and after answering the probable questions, the new content will be discussed.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Golgasht specialized clinic

Full name of responsible person

shiva faraji

Street address

Golgasht clinic, first of Golgasht street, Azadi avenue, Tabriz

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor of Research of Tabriz University of Medical Sciences

Full name of responsible person

Doctor Mohammad Raza Rashidi

Street address

University of Tabriz, Golgasht St.

City

Tabriz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice Chancellor of Research of Tabriz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Nursing & Midwifery Faculty

Full name of responsible person

Shiva Faraji

Position

MSc Student of Pediatric Nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Associate Professor/ PhD in Nursing

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty