

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Effect of education on awareness , function and blood glucose of type 2 diabetics patients

Protocol summary

Study aim

Determining the effect of education on knowledge, practice and self-care and control of blood sugar in patients with type 2 diabetes

Design

A clinical trial without control group and without randomization will be performed on 40 diabetic patients to determine the effect of education on knowledge, performance and self-care and blood sugar control.

Settings and conduct

This study will be performed in Shahid Beheshti Hospital in Hamadan without blinding. Patients will be trained in one session by the researcher and will be assessed once before training and once two months after training for knowledge, function, blood sugar and hemoglobin A1c.

Participants/Inclusion and exclusion criteria

Participants will be type 2 diabetic patients over 30 years old who will go to Shahid Beheshti Hospital in Hamadan for routine care. Have no history of neurological-cognitive-psychological disorders and have the satisfaction to participating in the study is the inclusion criteria to the study and not having the minimum literacy, hemoglobin A1c under 7, receiving relevant training in the last 6 months, and type 1 diabetes will be criteria for not enrolling in the study.

Intervention groups

In this study, diabetic patients in the fields of: responsibility, factors affecting blood sugar control, diet and food units, exercise, insulin use method and insulin injection sites, glucometer use, foot care, signs and symptoms of hypoglycemia and hyperglycemia -lifestyle changes, smoking cessation benefits will be taught. Each training session will last about 30 minutes. Patients are asked to contact the researcher if needed or any problems or questions.

Main outcome variables

The main outcomes of the study include changes in the level of knowledge, function, blood sugar and hemoglobin A1c in diabetic patients compared to before

the intervention.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20151123025202N12**

Registration date: **2020-08-10, 1399/05/20**

Registration timing: **retrospective**

Last update: **2020-08-10, 1399/05/20**

Update count: **0**

Registration date

2020-08-10, 1399/05/20

Registrant information

Name

Abbas Moradi

Name of organization / entity

Hamedan University of Medical Of Science

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-05-29, 1399/03/09

Expected recruitment end date

2020-08-09, 1399/05/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of education on awareness , function and blood glucose of type 2 diabetics patients

Public title

Effect of education on awareness , function and blood glucose of diabetics patients

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Having type 2 diabetes No Neurobehavioral -disorders
Age over 30 years Having the consent to participate in the study

Exclusion criteria:

Lack of minimum literacy Hemoglobin A1c below 7
Receive related education in the last 6 months Diabetes type 1

Age

From **30 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 Science

Street address

Shahid Fahmideh Ave

City

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Hamadan

Postal code

6517838697

Approval date

2020-02-28, 1398/12/09

Ethics committee reference number

IR.UMSHA.REC.1398.1056

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

Diabetes type2

ICD-10 code

E08

ICD-10 code description

Diabetes mellitus due to underlying condition

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

Knowledge

Timepoint

Before and 2 months after intervention

Method of measurement

Questionnaire

2**Description**

Attitude

Timepoint

Before and 2 months after intervention

Method of measurement

Questionnaire

3**Description**

Practice

Timepoint

Before and 2 months after intervention

Method of measurement

Questionnaire

Secondary outcomes**1****Description**

HbA1c

Timepoint

Before and 3 months after intervention

Method of measurement

Blood sample

2**Description**

FBS

Timepoint

Before and 3 months after intervention
Method of measurement
Blood sample

Intervention groups

1

Description

Intervention group: This group, in groups of 3 during a session for 30 minutes by a researcher (medical student) in the field of diet and food units, the need for exercise, the method of using insulin and insulin injection sites, the method of using a glucometer, Foot care, smoking cessation, how to control blood sugar, how to prevent and care for daily, signs and symptoms of hypoglycemia and hyperglycemia and the need for regular visits by a doctor and blood pressure control will be taught. Following that, patients will be followed up by phone every 2 weeks to answer any questions they may have.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti hospital

Full name of responsible person

dr Firozeh Sajedi

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Eram Blv, Ghaem Sq, Hamedan, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

dr Saeid Bashirian

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Web page address**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

Full name of responsible person

Abbas Moradi

Position

MSc in epidemiology

Latest degree

Master

Other areas of specialty/work

Epidemiology

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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

Person responsible for updating data**Contact****Name of organization / entity**

Hamedan University of Medical Sciences

Full name of responsible person

Abbas Moradi

Position

Coach

Latest degree

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Other areas of specialty/work

Epidemiology

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