Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of the effectiveness of SMS as a tool for health education in families of children with type 1 Diabetes Mellitus in improving glycaemic control

Protocol summary

Study aim
To determine the efficacy of SMS as a tool for health education in families of children with Type 1 Diabetes Mellitus.
Design
Single blind randomized control trial
Settings and conduct
Tertiary care hospitals in Rawalpindi
Participants/Inclusion and exclusion criteria
Inclusion criteria: age 1 to 18 yrs; using subcutaneous insulin; ability to read and understand urdu by the patient or the care giver; possession and regular usage of a mobile phone by the patient or the care giver. Exclusion criteria: using oral hypoglycemic drugs concomitantly; advanced diabetic complication and end organ involvement; syndromic causes of diabetes; unwilling to participate in the study.
Intervention groups
SMS containing educative material regarding T1DM and its management sent to the interventional group 4 days a week.
Main outcome variables
HbA1c and BSF

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20210216050380N1**
Registration date: **2021-03-06, 1399/12/16**
Registration timing: **retrospective**

Last update: **2021-03-06, 1399/12/16**
Update count: **0**
Registration date
2021-03-06, 1399/12/16

Registrant information
Name
Asbah Rahman
Name of organization / entity
Combined Military Hospital, Rawalpindi
Country
Pakistan
Phone
+92 51 5419586
Email address
asbahrahman@hotmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2021-02-01, 1399/11/13
Expected recruitment end date
2021-03-01, 1399/12/11
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparison of the effectiveness of SMS as a tool for health education in families of children with type 1 Diabetes Mellitus in improving glycaemic control

Public title
Effectiveness of SMS as a tool for health education in families of children with type 1 Diabetes Mellitus
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Age from 1 yrs to 18yrs Using subcutaneous insulin

Ability to read and understand urdu by the patient or the care giver Possession and regular usage of a mobile phone by the patient or the care giver

Exclusion criteria:

Using oral hypoglycemic drugs concomitantly Advanced diabetic complication and end organ involvement Syndromic causes of diabetes Unwilling to participate in the study

Age

From **1 year** old to **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Care provider

Sample size

Target sample size: **11**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple individual Randomisation. tool used for randomization was lottery method.

Blinding (investigator's opinion)

Single blinded

Blinding description

Participants were randomly divided into the intervention and control group. The healthcare providers of both groups were blinded to the fact that one group is receiving an intervention. Hence both groups received standard care as per the routine. The intervention group would receive SMS but the control group did not receive any SMS and they did not know about the intervention. The principle investigator and data collector would know which participant is allocated to which group.

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Pak Emirates Military Hospital

Street address

The Mall, Rawalpindi

City

Rawalpindi

Postal code

74600

Approval date

2021-01-26, 1399/11/07

Ethics committee reference number

A/28/EC/249/2021

Health conditions studied

1

Description of health condition studied

E10

ICD-10 code

E10

ICD-10 code description

Type 1 diabetes mellitus

Primary outcomes

1

Description

HbA1c

Timepoint

before the intervention begins and after the intervention ends

Method of measurement

laboratory

Secondary outcomes

1

Description

maintaining a diary

Timepoint

before the intervention begins and after the intervention ends

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group:

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

tertiary care Hospitals of Rawalpindi

Full name of responsible person

Asbah Rahman

Street address

The Mall, Rawalpindi

City

Rawalpindi

Postal code
74600
Phone
+92 51 5419586
Email
asbahrahman@hotmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
pak emirates Military Hospital
Full name of responsible person
Asbah Rahman
Street address
The Mall, Rawalpindi
City
Rawalpindi
Postal code
74600
Phone
+92 51 5419586
Email
asbahrahman@hotmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
pak emirates Military Hospital
Proportion provided by this source
100
Public or private sector
Private
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
Pak Emirates Military Hospital
Full name of responsible person
Asbah Rahman
Position
Resident
Latest degree
Medical doctor
Other areas of specialty/work
Pediatrics
Street address
The Mall, Rawalpindi
City
Rawalpindi
Province
Punjab
Postal code
74600
Phone
+92 330 9356065
Email
asbahrahman@hotmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Pak Emirates Military Hospital
Full name of responsible person
Asbah RAhman
Position
resident
Latest degree
Medical doctor
Other areas of specialty/work
Pediatrics
Street address
The Mall, Rawalpindi
City
Rawalpindi
Province
Punjab
Postal code
74600
Phone
+92 330 9356065
Email
asbahrahman@hotmail.com

Person responsible for updating data

Contact
Name of organization / entity
Pakemirates Military Hospital
Full name of responsible person
Asbah Rahman
Position
resident
Latest degree
Medical doctor
Other areas of specialty/work
Pediatrics
Street address
The Mall, Rawalpindi
City
Rawalpindi
Province
Punjab
Postal code
74600
Phone
+92 330 9356065
Email
asbahrahman@hotmail.com

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
Not applicable

Data Dictionary
Not applicable