Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of self-care education with telenursing approach on health-promoting behaviors in MS patients

Protocol summary

Study aim
Determining the effect of self-care education with telemedicine approach on health-promoting behaviors in MS patients, members of MS Jahrom Association in 1999

Design
A clinical trial with a control group, with a single group, randomized on 70 patients. For randomization, simple random sampling method was used.

Settings and conduct
Trainings will be conducted according to the dimensions of the Walker questionnaire including (nutrition, exercise, health responsibility, stress management, interpersonal support, self-fulfillment). Sending content in multimedia format through WhatsApp software in groups), Mondays (telephone training that the researcher establishes with patients between 8 am and 8 pm), Wednesdays (evaluation of patients by telephone by the researcher) Intervention Will do the training.

Participants/Inclusion and exclusion criteria
Entry requirements: The patient has informed consent to participate in the study. Have a definite diagnosis of MS by a neurologist. Patients should be between 18 and 40 years old. Have enough ability for self-care. Mobile access and how to use the WhatsApp application. Exit conditions: The patient is not able to implement a self-care program due to the complications of the disease. Lack of access to mobile phones Failure to follow the training program

Intervention groups
The educational intervention is in the form of distance learning which is done for the intervention group during the intervention and for the control group after the end of the intervention to observe ethics.

Main outcome variables
If the method of self-care education is effective, it can be used to improve the health of patients with MS and increase the independence and self-confidence of patients in self-care.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20201112049367N1**
Registration date: **2021-03-27, 1400/01/07**
Registration timing: **retrospective**

Last update: **2021-03-27, 1400/01/07**
Update count: **0**
Registration date
2021-03-27, 1400/01/07

Registrant information
Name
yasaman pourfarid
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 71 5433 6006
Email address
yasaman.pourfarid@jums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2021-03-03, 1399/12/13
Expected recruitment end date
2021-03-20, 1399/12/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title

The effect of self-care education with telenursing approach on health-promoting behaviors in MS patients

Public title

the effect of self-care education on health-promoting behaviors

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

The patient has informed consent to participate in the study. Have a definite diagnosis of MS by a neurologist. Patients are between 18 and 40 years old. Be literate and media literate. They are not in the acute stage of the disease and at least 6 weeks have passed since the last recurrence of the disease. Have enough ability to take care of themselves. At least 2 years have passed since the first diagnosis. Mobile access and how to use the WhatsApp application.

Exclusion criteria:

The patient withdraws from the study for any reason. The patient is not able to implement a self-care program due to the complications of the disease. Acute and critical attacks of the disease during the intervention. Have other acute illnesses such as heart, kidney, respiratory, gastrointestinal and metabolic diseases other than MS. Lack of access to mobile phones Absence of more than two sessions in training sessions Failure to follow the training program

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling will be random. Based on the announcement of patients' readiness to participate in the study, each patient is given a number. These numbers will be randomly divided into two groups of 35 (intervention and control) using software. Sampling is done by simple random method of lottery. That is, the names of the people are written on a card and placed inside the box, then the cards are taken out one by one until the desired sample size is completed.

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

کمیته اخلاق دانشگاه علوم پزشکی جهرم

Street address

Andisheh Street, Alley 3

City

Jahrom

Province

Fars

Postal code

7417765485

Approval date

2021-03-03, 1399/12/13

Ethics committee reference number

IR.JUMS.REC.1399.142

Health conditions studied

1

Description of health condition studied

MS patients

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

health-promoting behaviors

Timepoint

Immediately before and after the intervention

Method of measurement

Health Promoting Lifestyle Questionnaire Walker et al

Secondary outcomes

1

Description

Distance nursing self-care training

Timepoint

6 week

Method of measurement

Health Promoting Lifestyle Questionnaire Walker et al

Intervention groups

1

Description

Intervention group: MS patients

Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
انجمن ام اس شهرستان جهرم
Full name of responsible person
kambiz sohrabi jahromi
Street address
Shahid Bahonar Blvd. Alley 18
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7416613448
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Jahrom University of Medical Sciences
Full name of responsible person
kavoos solhjoo
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Province
Fars
Postal code
۴۶۱۹۹-۷۴۱۴۸
Phone
+98 71 5434 0405
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jums@jums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Jahrom 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
Jahrom University of Medical Sciences
Full name of responsible person
ali dehghani
Position
Director of Graduate Studies
Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
All data is potentially shareable after unidentified individuals

When the data will become available and for how long
Access period starts from 1400

To whom data/document is available
It will be available to researchers working in academia.

Under which criteria data/document could be used
In secondary studies, data will be available to researchers

From where data/document is obtainable
Contact Ali.Dehghani2000@gmail.com with this email

What processes are involved for a request to access data/document
Will be sent after receiving the email

Comments