

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 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**

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Street address

Andisheh Street, Alley 3

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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

Type of organization providing the funding

Academic

Recruitment centers1**Recruitment center****Name of recruitment center**

انجمن ام اس شهرستان جهرم

Full name of responsible person

kambiz sohrabi jahromi

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Shahid Bahonar Blvd. Alley 18

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sohrabi_kambiz@yahoo.com

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Jahrom University of Medical Sciences

Full name of responsible person

kavoos solhjoo

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Ostad motahari Blvd

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۴۶۱۹۹-۷۴۱۴۸

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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

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**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

Ph.D.

Other areas of specialty/work

Nursery

Street address

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Latest degree

Ph.D.

Other areas of specialty/work

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

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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