

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of sharing experiences via social networks on the general health of hemodialysis patients

Protocol summary

Study aim

: Determining the effect of sharing experiences via social networks on the general health of hemodialysis patients

Design

A clinical trial with the control group, with parallel, simple randomized groups on 72 patients .randomized with the timeline in special day in week

Settings and conduct

After admitting the patient to Imam Ali (AS) and Al-Kindi hospitals in Baghdad and obtaining the patient's informed consent, they will enter the study if the inclusion criteria are met. In the first session, the researcher will introduce the plan in both intervention and control groups. The intervention group will then become a member of a virtual group on the WhatsApp social network, sharing their experiences for 4 weeks. Each week will be devoted to one of the issues raised (nutrition, medication, rest and activity, care, and hospital visits in hospitals). In this plan, the researcher will play the role of facilitator and manager of the group for validation of the shared experiences.

Participants/Inclusion and exclusion criteria

Inclusion: To be a hemodialysis patient, can read and write, have a smartphone exclusion: death to occur, Failure to complete the intervening period

Intervention groups

Intervention: Forming a WhatsApp group for participants to share their experiences and researcher manages the group and topic Control: The researcher does not interfere in this group, and the group remains within the usual routine care

Main outcome variables

The general health of hemodialysis patients

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210304050575N1**

Registration date: **2021-07-18, 1400/04/27**

Registration timing: **prospective**

Last update: **2021-07-18, 1400/04/27**

Update count: **0**

Registration date

2021-07-18, 1400/04/27

Registrant information

Name

Husam Abd Al-Sadeh

Name of organization / entity

Country

Iraq

Phone

+964 1 125 4941

Email address

abdsadehh982@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-07-28, 1400/05/06

Expected recruitment end date

2021-09-22, 1400/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of sharing experiences via social networks on the general health of hemodialysis patients

Public title

The effect of sharing experiences on the general health

of hemodialysis patients

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 At least two months have passed since the first hemodialysis
 Willingness to participate in the study
 Having patients' informed consent
 Age between 18-70 years
 Ability to communicate verbally
 No history of diagnosed anxiety and depression problems
 Having a smartphone connected to the Internet
 Being literate
Exclusion criteria:
 Failure to complete the intervention period for any reason
 Performing a kidney transplant
 Reluctance to continue participating in the study
 Not participating in the post-test
 Exacerbation of the disease or occurrence of an unpleasant accident for the patient

Age
From **18 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization will be done by writing the names of the research groups on two identical sheets (of course, to prevent bias, the names of the groups will be abbreviated as A and B), then by drawing lots, it will be determined that sampling is initiated with which group. If that day is one of the even days of the week and the determined lot is the control group, sampling will be done from the control group on even days. This sequence will continue until the end of sampling (to prevent the dissemination of information) and until the sample size is completed in both groups

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

research ethics committee of school of nursing & midwifery - Mashhad university of medical science

Street address

Khorasan Razavi, Mashhad, Daneshgah St., Ph.D. Intersection, Ibn Sina St., School of Nursing and Midwifery

City

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Province

Razavi Khorasan

Postal code

9137913199

Approval date

2021-05-18, 1400/02/28

Ethics committee reference number

IR.MUMS.NURSE.REC.1400.022

Health conditions studied

1

Description of health condition studied

chronic kidney disease

ICD-10 code

N18.5

ICD-10 code description

Chronic kidney disease, stage 5

Primary outcomes

1

Description

general health: Health is a state that depends not only on a person's body functions but also on many aspects of his/her mental functions. "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity"

Timepoint

Pre-test: At the beginning of enrollment
Post-test: After 4 weeks of enrollment

Method of measurement

Self-reporting of general health questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The starting point of the intervention phase begins with the General Health Questionnaire (GHQ28). Patients in the intervention group, after joining the WhatsApp group, share their experiences with other patients for 4 weeks. Each week will be devoted to one topic (nutrition, medication, rest and activity, care). In this design, the researcher plays the role of facilitator. Examines shared content scientifically. Corrects content as needed and manages the discussion on the topic. At the end of the intervention, after four weeks, the general health of both groups is assessed.

Category

Lifestyle

2**Description**

Control group: In the control group, patients are routinely cared for in the ward and this group will have no intervention. Routine care includes face-to-face training and educational pamphlets by the ward nurse.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Imam Ali Hospital

Full name of responsible person

Husam Abd Al-sadeh

Street address

Al-Sadr City - Al-Rusafa District - Baghdad

City

Baghdad city

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2**Recruitment center****Name of recruitment center**

Al Kindi Hospital

Full name of responsible person

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences

Full name of responsible person

Dr.Tayebe PourGhaznein

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Web page address<https://www.mums.ac.ir/>**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

The author of the trial is the funding source

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

Sponsor: country of origin

Country of origin

IQ

Type of organization providing the funding

Academic

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

Mashhad University of Medical Sciences

Full name of responsible person

Husam Abd Al-sadeh

Position

Master's degree student in medical-surgery

Latest degree

Bachelor

Other areas of specialty/work

Nursing

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Baghdad-Al-Rusafa-House No 15, Street No 40, Section No 333

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Dr. Tayebe Pourghaznain

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursing

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Person responsible for updating data

Contact

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Full name of responsible person

Husam Abd Al-sadeh

Position

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Latest degree

Bachelor

Other areas of specialty/work

Nursing

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Email

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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

Only part of the data, such as information about the
main outcome or the like, can be shared.

When the data will become available and for how long

After printing the results

To whom data/document is available

Only for researchers working in academic and scientific
institutions

Under which criteria data/document could be used

Permission from the person in charge

From where data/document is obtainable

cominiucate with AbdsadehH982@mums.ac.ir

What processes are involved for a request to access data/document

N/A

Comments