Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of peer education on health promotion in patients with Covid 19

Protocol summary

Study aim

Peer education promotes health in Covid 19 patients, so the use of this educational method for Covid 19 patients is recommended along with other educational methods.

Design

The research units were selected by random sampling method. Then, in order to randomly assign the samples to the experimental and control groups, the color ball harvesting method was used.

Settings and conduct

Patients admitted to Covid ward who are eligible for the study. Are trained by peers.

Participants/Inclusion and exclusion criteria

Cavid infection. Awareness.Lack of consciousness

Intervention groups

The counterparts were trained by the researcher in accordance with the educational needs of Covid 19 patients, based on a review of the literature, through two two-hour training sessions. First, demographic questionnaire and Pender health promotion questionnaire were completed by both groups. Peer training was then performed for the intervention group; For this purpose, the patients in the control group received training from routine ward (and the patients in the intervention group, in addition to routine training, received training from peers. This training was trained in three sessions and each session for two hours in two days). Individuals expressed their experiences in these sessions and finally, one month after the intervention, health promotion in both groups was assessed by using the Pender Health Promotion Questionnaire by telephone with patients.

Main outcome variables

Demographics 1. Feeling responsible for health 2- Physical activity 3- Eating habits 4- Spiritual growth 5- Interpersonal communication 6- Stress management

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210921052546N1**
Registration date: **2021-10-16, 1400/07/24**
Registration timing: **retrospective**

Last update: **2021-10-16, 1400/07/24**
Update count: **0**

Registration date

2021-10-16, 1400/07/24

Registrant information

Name

nasrin hydarzade

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 44 3523 1327

Email address

nasrin.hy9597@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-02-08, 1399/11/20

Expected recruitment end date

2021-09-23, 1400/07/01

Actual recruitment start date

2021-02-08, 1399/11/20

Actual recruitment end date

2021-09-11, 1400/06/20

Trial completion date

2021-09-21, 1400/06/30

Scientific title

The effect of peer education on health promotion in patients with Covid 19

Public title
peer education on health promotion
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
With Covid Awareness
Exclusion criteria:
Age
From **18 years** old to **65 years** old
Gender
Both

Phase
Bioequivalence
Groups that have been masked

- Participant

Sample size
Target sample size: **60**
Actual sample size reached: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Random assignment of samples to the experimental and control groups was done using the colored ball harvesting method. Thus, 30 black spheres, 30 white spheres, and the number was poured into a bag in such a way that the test person could not see the color of the sphere. He was asked to pick up one of the items. The black sphere belonged to the control group and the white sphere belonged to the intervention group
Blinding (investigator's opinion)
Single blinded
Blinding description
Lack of knowledge of the participants about the reasons for the questions
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
university Azad urmia
Street address
university Azad urmia
City
Urmia
Province
West Azarbaijan
Postal code
1234567890
Approval date
2021-01-26, 1399/11/07
Ethics committee reference number
IR.IAU.URMIA.REC.1399.059

Health conditions studied

1

Description of health condition studied
covid19
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The questionnaire was based on Pender's health promotion model to determine the extent to which individuals engage in health-promoting behaviors. This questionnaire provides a multidimensional assessment of health promotion behaviors. In this way, it measures the frequency of using health-promoting behaviors in six dimensions of health responsibility, physical activity, nutrition, spiritual growth, and stress management of interpersonal relationships. This questionnaire contains 48 questions and the answers to the questions are 4-point Likert, never (1), sometimes (2), usually (3) and always (4). The total score includes all questions 20-208, the higher the average score, the better the health status will be.
Timepoint
30 days after training
Method of measurement
Pender's health promotion model

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Patients with covid19
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Urmia teaching-medical hospitals
Full name of responsible person

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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
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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
Islamic Azad University
Proportion provided by this source
1
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
Islamic Azad University
Full name of responsible person
nasrin hydarzade
Position
student master
Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

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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
Information about the main outcome can be shared
When the data will become available and for how long
Start the access period immediately after printing
To whom data/document is available
Staff working in medical centers
Under which criteria data/document could be used
Email
From where data/document is obtainable
Email and phone number
What processes are involved for a request to access data/document
Receive e-mail and receive the necessary explanations
Comments