

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 Jun 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

Covid 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**

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**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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student master  
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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Islamic Azad University  
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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**

## Person responsible for scientific inquiries

#### Contact

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Islamic Azad University  
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Monire Rezaee  
**Position**  
student Dr  
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Master  
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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**