

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The effect of self-care virtual education on the severity of symptoms and the level of daily activities of patients with Covid 19

Protocol summary

Study aim

Determining the effect of self-care virtual education on the severity of symptoms and the level of daily activities of patients with Covid 19

Design

The present study is a parallel randomized two-group clinical trial study that will be performed with the participation of 100 patients with Covid 19.

Settings and conduct

The present study is a parallel randomized two-group clinical trial study that will be performed with the participation of 100 patients with Covid 19 in Shahid Beheshti Hospital in Hamadan. Training materials will be provided to members through the training channel four days after discharge. The intervention will include training self-care behaviors in patients in the field of strategies to reduce pain and pulmonary and functional rehabilitation in these patients. Information is sent to patients at the beginning of each week through the software.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Conscious consent to participate in the study, Access to mobile phones and the ability to use the program for virtual education, Be literate. Exclusion criteria: The patient's unwillingness to continue cooperating, Death of the patient

Intervention groups

Intervention group: Training will be held in three sessions per week on a daily basis for three weeks, and training materials will be provided to members through the channel. In each session, the content will be placed in a short and understandable form in the form of text with Word software, image, audio, or video clip in the channel. In order to train the self-care group of the intervention group, it is tried to communicate with patients through mobile phone programs and using virtual networks in accordance with the laws of the Islamic Republic of Iran. Control group: In patients in the control group, only routine training will be given to

patients at discharge.

Main outcome variables

Level of daily activities

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160110025929N38**

Registration date: **2022-01-25, 1400/11/05**

Registration timing: **registered_while_recruiting**

Last update: **2022-01-25, 1400/11/05**

Update count: **0**

Registration date

2022-01-25, 1400/11/05

Registrant information

Name

Mehdi Molavi Vardanjani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3422 5056

Email address

m.molavi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-01-21, 1400/11/01

Expected recruitment end date

2022-09-22, 1401/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of self-care virtual education on the severity of symptoms and the level of daily activities of patients with Covid 19

Public title
effect of self-care virtual education on the severity of symptoms and the level of daily activities

Purpose
Health service research

Inclusion/Exclusion criteria
Inclusion criteria:
Conscious consent to participate in the study Mobile access and the ability to use for virtual learning Be literate Having Covid disease 19 with the approval of a specialist
Exclusion criteria:
Re-hospitalization of the patient during the self-care training course Death of the patient Absence of the patient in more than two training sessions

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description
The randomization method will be performed using the permutation blocks method. First, the four blocks of ABBA, AABB, and ABAB, BBAA, BAAB, BABA will be produced in a number that covers the study sample and will be placed in envelopes. Then, when patients enter the study, one of the envelopes is selected at random and the first four patients will be assigned to two groups according to the desired block. This process will continue until the total number of samples is completed.

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
Ethics Committee of Hamadan University of Medical Sciences
Street address
Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan
City
Hamadan
Province
Hamadan
Postal code
38698-65178
Approval date
2021-11-27, 1400/09/06
Ethics committee reference number
IR.UMSHA.REC.1400.693

Health conditions studied

1

Description of health condition studied
Covid -19
ICD-10 code
B34.2
ICD-10 code description
Coronavirus infection, unspecified

Primary outcomes

1

Description
Level of daily activities
Timepoint
Before and immediately after the end of self-care education
Method of measurement
Activities of Daily Living scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Self-care training will be held every other day for three weeks. Training in the first week will be about aerobic and strength training, the second week will be about stretching and balance exercises, and the third week will be about breathing exercises. The topic of each session is stated at the beginning of the session.
Category
Rehabilitation

2

Description

Control group: In patients in the control group, only routine training will be given to patients at discharge.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti hospital

Full name of responsible person

Khodayar Oshvandi

Street address

Shahid Fahmideh St., Shahid Beheshti hospital,
Hamadan

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38698-65178

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+98 81 3838 0535

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oshvandi2005@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Saeed Bashirian

Street address

Shahid Fahmideh St., Hamadan University of Medical
Sciences, Hamadan

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s_bashirian@umsha.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Deputy of research and technology

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

Hamedan University of Medical Sciences

Full name of responsible person

Mehdi Molavi

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Nursery

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Shahid Fahmideh St., Hamadan University of Medical
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Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Khodayar Oshvandi

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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

Hamedan University of Medical Sciences

Full name of responsible person

Mehdi Molavi

Position

Instructor

Latest degree

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available