Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparison effectiveness of educational insulin injection with or without telephone followup , on the amount of glycosylated hemoglobin in type 2 diabetic patients attending Gorgan 5 Azar hospital diabetes clinics in years 2014

Protocol summary

Summary

The purpose of this study was to investigate the effect of standard insulin injections and telephone follow-up on daily variations in blood sugar and insulin levels of glycosylated hemoglobin compared with no standard of education. This study was a randomized clinical trial with a sample size of 64 diabetic patients referred to 5th Azar Hospital Diabetes Clinic. The intervention group consisted of 32 patients who inject insulin in addition to the standard training for 3 months being followed up with a phone call. Follow-up 2 times a week during the first month and once a week during the second and third month is done. The control group consisted of 32 diabetic patients referred to diabetes clinic of 5th Azar hospital; insulin injections will be used only standard training. For the patients at zero, three months after the intervention glycosylated hemoglobin levels is measured. Blood sugar levels on a daily basis and will be evaluated using the devices. Data is collected and analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201404185866N17**
Registration date: **2014-10-10, 1393/07/18**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-10-10, 1393/07/18

Registrant information

Name

Akram Sanagoo

Name of organization / entity

Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 17 1443 0360

Email address

sanagoo@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Golestan University of Medical Sciences

Expected recruitment start date

2014-07-01, 1393/04/10

Expected recruitment end date

2014-11-21, 1393/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison effectiveness of educational insulin injection with or without telephone followup , on the amount of glycosylated hemoglobin in type 2 diabetic patients attending Gorgan 5 Azar hospital diabetes clinics in years 2014

Public title

Training and pursuit of insulin on glycosylated hemoglobin in diabetic patients

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria : having the ability to read and write; residence in Gorgan city and access to a cell phone or landline; ability to use mobile and sms; not having speech and hearing and vision problems; aged 10 to 6 to 50 years old; diabetic patients require insulin; risk of type 2 diabetes; undergoing insulin therapy during the last 6 months; lack advanced form of the known mental diseases and disorders of vital organs. Exclusion criteria: hospital admissions due to illness during the study period; changes in diabetes medications to oral glucose - lowering drugs; catching osmolar hyperglycemic ketoacidosis syndrome; lack of desire to continue the legal guardian of the patient's; deceased patient.

Age
From **10 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **64**

Randomization (investigator's opinion)
Not randomized

Randomization description

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
Golestan University of Medical Sciences Ethics Committee

Street address
Golestan University of Medical Sciences, Shastkola

City
Gorgan

Postal code
4934174515

Approval date
2014-05-18, 1393/02/28

Ethics committee reference number
13930228436

Health conditions studied

1

Description of health condition studied
Diabetes mellitus

ICD-10 code
E10-E14

ICD-10 code description
Diabetes mellitus

Primary outcomes

1

Description
HbA1C

Timepoint
Admission and 3 months later

Method of measurement
Lab test

2

Description
Blood sugar.

Timepoint
Daily for 3 months

Method of measurement
Lab test

Secondary outcomes

1

Description
Self-injection of insulin

Timepoint
Before the intervention, three months after the intervention

Method of measurement
Self-injection of insulin Questionnaire

Intervention groups

1

Description
The intervention group included 32 diabetic patients treated with insulin, which are trained by standard injection of insulin. The glycated hemoglobin checked, self-injection of insulin questionnaire must complete . Daily for three months thay record their blood glucose levels by glucometer and chart in a booklet. after three months, self-care questionnair and HbA1C are re-checked. Within 3 months by telephone follow up during the first month 2 times a week and the second and third month follow-up is done once a week.

Category
Prevention

2

Description

The control group included 32 diabetic patients treated with insulin, which are trained by standard injection of insulin. The glycated hemoglobin checked, self-injection of insulin questionnaire must complete . Daily for three months and record their blood glucose levels by glucometer andchart ina booklet. after three months, self-care questionnair and HbA1C are re-checked.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Gorgan 5 Azar hospital

Full name of responsible person

Asrin Safari

Street address

5 Azar hospital, Gorgan, Golestan

City

Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Golestan University of Medical Science, Research & Technology

Full name of responsible person

Dr. Masoud Khoshnia

Street address

Golestan University of Medical Sciences, Shastkola

City

Gorgan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Golestan University of Medical Science, Research & Technology

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Golestan University of Medical Sciences

Full name of responsible person

Asrin Safari

Position

Graduate student in nursing care

Other areas of specialty/work

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Akram Sanagoo

Position

PhD

Other areas of specialty/work

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Position

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty