

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

14 Jul 2026

### The effect of nutrition education using virtual social networks on nutrition status and quality of life of patients with colorectal cancer

#### Protocol summary

##### Study aim

The effect of nutrition education through virtual social networks on nutritional status and quality of life of patients with colorectal cancer is determined.

##### Design

The interventional study with a control group, randomized block design using a random number table without blinding, perform on 80 patients with colorectal cancer (40 participants in each groups). Nutrition education is done through virtual social networks for the intervention group, and the control group only receives routine hospital education. Blinding was not done in this study.

##### Settings and conduct

This study is conducted in Ayatollah Khansari Hospital and Imam Reza Clinic in Arak. The intervention group receives nutrition education via virtual social network for one month, and the control group only receives routine hospital education to determine the effect of the intervention on the nutritional status and quality of life of patients with colorectal cancer. Blinding was not done in this study.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Age between 25 and 75 years. Colorectal cancer diagnosis. Undergoing chemotherapy. At least 2 months have passed since the diagnosis of colorectal cancer in patients Capable to perform reading and writing Have a smart phone. Patient or his/her family should have the ability to use virtual social networks. Do not suffer from mental illness. Do not suffer from diseases that cause malnutrition. The patient is not addicted to drugs. Exclusion criteria: Unwillingness to participate in the study.

##### Intervention groups

The intervention group is patients with colorectal cancer undergoing chemotherapy group who receive nutrition education through virtual networks. Control group: This group does not receive the training through virtual networks, but they receive the routine training of the

department.

##### Main outcome variables

Quality of life knowledge and nutritional status

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20220604055074N1**

Registration date: **2023-01-12, 1401/10/22**

Registration timing: **retrospective**

Last update: **2023-01-12, 1401/10/22**

Update count: **0**

##### Registration date

2023-01-12, 1401/10/22

##### Registrant information

##### Name

Masoumeh Davoodabadi farahani

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 86 3313 1640

##### Email address

madavoodabadi9@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-10-22, 1398/07/30

##### Expected recruitment end date

2021-02-18, 1399/11/30

##### Actual recruitment start date

2020-01-20, 1398/10/30

##### Actual recruitment end date

2021-01-19, 1399/10/30  
**Trial completion date**  
 2021-01-19, 1399/10/30

**Scientific title**  
 The effect of nutrition education using virtual social networks on nutrition status and quality of life of patients with colorectal cancer

**Public title**  
 The effect of virtual education and support on nutrition of patient with colorectal cancer

**Purpose**  
 Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
 Medical diagnosis of colorectal cancer Undergoing chemotherapy for at least 2 months after the definitive diagnosis Ability to read and write having cell phones and knowing how to use Familiarity with social media performance by the patient or the patient's family Absence of mental illness Don't having underlying diseases causing malnutrition No drug addiction  
**Exclusion criteria:**  
 Unwillingness to participate in the study

**Age**  
 From **25 years** old to **75 years** old

**Gender**  
 Both

**Phase**  
 N/A

**Groups that have been masked**  
*No information*

**Sample size**  
 Target sample size: **80**  
 Actual sample size reached: **80**

**Randomization (investigator's opinion)**  
 Randomized

**Randomization description**  
 Recruiting was done when patients went to the hospital and clinic for chemotherapy. Then the samples were randomly divided into two groups of 40 people with random allocation in the intervention (A) and control (B) groups. At first, the blocks of four were defined as follows: ABAB, BBAA, BABA, BAAB, AABBB, ABBA, etc. and were placed in the envelope and numbered. The blocks were determined using a table of random numbers, and people were placed in two intervention and control groups according to A and B. Patient A was placed in the supportive educational intervention group through virtual social networks and patient B was placed in the control group.

**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 Arak University of medical Sciences

##### Street address

Arak University of Medical Sciences School of Nursing, Payambar-e Azam Complex, Basij Square, Arak, Iran

##### City

Arak

##### Province

Markazi

##### Postal code

3848176341

#### Approval date

2019-10-12, 1398/07/20

#### Ethics committee reference number

IR.ARAKMU.REC.1398.201

## Health conditions studied

### 1

#### Description of health condition studied

Colorectal cancer

#### ICD-10 code

c18

#### ICD-10 code description

Malignant neoplasm of colon

## Primary outcomes

### 1

#### Description

nutritional status score with PG-SGA questionnaire

#### Timepoint

At the beginning of the study (before the intervention) and one month after the educational intervention

#### Method of measurement

Patient-Generated Subjective Global Assessment (PG-SGA)

## Secondary outcomes

### 1

#### Description

Quality of life score in colorectal cancer

#### Timepoint

At the beginning of the study (before the intervention) and one month after the educational intervention

#### Method of measurement

Colorectal cancer specific quality of life questionnaire (EORTC QLQ-CR29)

## Intervention groups

### 1

#### Description

Intervention group: they receive educational content in form of educational text messages (2 to 3 messages), audio messages, images and related videos (8 am to 8 pm daily) for one month through a virtual social network. After sending the messages, the participants are requested to send the sentence "the message has been read" to the researcher at the end of the day after reading the messages. In addition, to ensure the participants understanding of the concept of the sent educational content , at the end of each week, patients were asked 2 to 3 questions about the sent content.

#### Category

Other

### 2

#### Description

Control group: They received the routine education of the hospital. After one month and after completing the questionnaires, the nutrition educational booklet was also provided to the control group.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Ayatollah Khansari Hospital

##### Full name of responsible person

Parsa Rostami

##### Street address

Ayatollah Khansari Hospital, University Street, Arak, Iran

##### City

Arak

##### Province

Markazi

##### Postal code

3818649433

##### Phone

+98 86 3367 5007

##### Email

madavoodabadi9@gmail.com

### 2

#### Recruitment center

##### Name of recruitment center

Imam Reza Clinic

##### Full name of responsible person

Maysam Bakhshi

##### Street address

Imam Reza Clinic, Shahid Shiroudi Street, Arak, Iran

##### City

Arak

##### Province

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##### Postal code

3813899589

##### Phone

+98 86 2402 0021

##### Email

madavoodabadi9@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Arak University of Medical Sciences

##### Full name of responsible person

Dr. Mehdi Salehi

##### Street address

Deputy of research and technology, Medical Sciences  
University Complex, Markazi Province, Arak, Basij  
Square

##### City

Arak

##### Province

Markazi

##### Postal code

3848176341

##### Phone

+98 86 3417 3532

##### Email

research@arakmu.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Arak University of Medical Sciences

#### 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

Arak University of Medical Sciences

##### Full name of responsible person

Masoumeh Davoodabadi Farahani

##### Position

Nurse

##### Latest degree

Master  
**Other areas of specialty/work**  
Nursery  
**Street address**  
Third floor, Blue Wing, School of Nursing, Medical Sciences university Complex, Sardasht  
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**Postal code**  
6941738481  
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**Email**  
madavoodabadi9@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Arak University of Medical Sciences  
**Full name of responsible person**  
Nazi Nejat  
**Position**  
Assistant professor  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Nursery  
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**Province**  
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n.nejat@arakmu.ac.ir

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Arak University of Medical Sciences  
**Full name of responsible person**  
Masoumeh Davoodabadi Farahani  
**Position**  
Nurse  
**Latest degree**

Bachelor  
**Other areas of specialty/work**  
Nursery  
**Street address**  
Third floor, Blue Wing, School of Nursing, Medical Sciences university Complex, Sardasht  
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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

All potentially shareable data after de-identification of individuals and information on primary outcomes

### When the data will become available and for how long

The access period starts 6 months after the results are published

### To whom data/document is available

The data will be available to researchers working in academic and scientific institutions.

### Under which criteria data/document could be used

Researchers working in academic and scientific institutions can request to receive non-identifiable personal data or other documents.

### From where data/document is obtainable

To receive the data, send an email to the responsible author, Dr. Nazi Nejat N.nejat@arakmu.ac.ir

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

After receiving the request email, the data will be sent to the requester within one working week.

### Comments