Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of face-to-face education versus virtual education on self-care and quality of life in patients with heart failure: a randomized clinical trial

Protocol summary

Study aim

To assess the effect of face-to-face education versus virtual education on self-care and quality of life in patients with heart failure

Design

This is a randomized clinical trial with control group, in which eligible patients will be randomly assigned through the block randomization to the intervention and control groups

Settings and conduct

This study will be performed in the Farshchian Heart Hospital in Hamadan city on 80 eligible patients. The patients will be randomly assigned to the intervention and control groups through the block randomization. Blinding is not possible in this study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age 25 to 70 years Heart failure Heart ejection fraction less than 40% Exclusion criteria: Psychological problems Physical disability (hearing or visual)

Intervention groups

Intervention group: Sending recorded self-care training files through WhatsApp for 30 minutes once a day for 8 days, including: explanation of heart function, understanding heart disease and its complications, diet and medication management, sodium and fluid restriction, importance and how to weigh daily, regular exercise, monitoring of signs and symptoms of exacerbation of the disease, non-smoking, social activities, sexual activity, taking medications, following medical instructions and avoiding self-medication. Control group: Face-to-face self-care training for 60 minutes every other day for 8 days including: explanation of heart function, understanding heart disease and its complications, diet and medication management, sodium and fluid restriction, importance and how to weigh daily, regular exercise, monitoring of signs and symptoms of exacerbation of the disease, non-smoking, social activities, sexual activity, taking medications, following medical instructions and avoiding self-medication.

Main outcome variables

Primary outcome: Self-care, quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120215009014N430**
Registration date: **2022-06-15, 1401/03/25**
Registration timing: **prospective**

Last update: **2022-06-15, 1401/03/25**
Update count: **0**

Registration date

2022-06-15, 1401/03/25

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-07-23, 1401/05/01

Expected recruitment end date

2022-10-25, 1401/08/03

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effect of face-to-face education versus virtual education on self-care and quality of life in patients with heart failure: a randomized clinical trial

Public title
Effect of face-to-face education versus virtual education on self-care and quality of life in patients with heart failure
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age 25 to 70 years Heart failure Heart ejection fraction less than 40%
Exclusion criteria:
Psychological problems Physical disability (hearing or visual) Having a medical education
Age
From **25 years** old to **70 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **80**
Randomization (investigator's opinion)
Randomized
Randomization description
Sending recorded self-care training files through WhatsApp for 30 minutes once a day for 8 days, including: explanation of heart function, understanding heart disease and its complications, diet and medication management, sodium and fluid restriction, importance and how to weigh daily, regular exercise, monitoring of signs and symptoms of exacerbation of the disease, non-smoking, social activities, sexual activity, taking medications, following medical instructions and avoiding self-medication.
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
Vice-chancellor for Research and Technology, Hamadan University of Medical Sciences, Shahid Fahmideh Ave
City
Hamadan
Province
Hamadan
Postal code
6517838695
Approval date
2022-06-11, 1401/03/21
Ethics committee reference number
IR.UMSHA.REC.1401.224

Health conditions studied

1

Description of health condition studied
Heart failure
ICD-10 code
I50
ICD-10 code description
Heart failure

Primary outcomes

1

Description
Evaluation of patients' self-care
Timepoint
Before and 2 months after the intervention
Method of measurement
using Jarasma standard questionnaire

2

Description
Evaluation of patients' quality of life
Timepoint
Before and 2 months after the intervention
Method of measurement
Using the standard Minnesota questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Sending recorded self-care training files through WhatsApp for 30 minutes once a day for 8 days, including: explanation of heart function, understanding heart disease and its complications, diet and medication management, sodium and fluid restriction, importance and how to weigh daily, regular exercise, monitoring of signs and symptoms of exacerbation of the disease, non-smoking, social activities, sexual activity, taking medications, following medical instructions and avoiding self-medication.

Category
Treatment - Other

2

Description
Control group: Face-to-face self-care training for 60 minutes every other day for 8 days including: explanation of heart function, understanding heart disease and its complications, diet and medication management, sodium and fluid restriction, importance and how to weigh daily, regular exercise, monitoring of signs and symptoms of exacerbation of the disease, non-smoking, social activities, sexual activity, taking medications, following medical instructions and avoiding self-medication.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Farshchian Heart Hospital in Hamadan city

Full name of responsible person
Mohsen Ahmadi

Street address
Farshchian Heart Hospital, Shahid Fahmideh Ave.

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Hamadan

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6517838695

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+98 81 3838 1740

Email
pedonconurse69@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
Dr. Reza Shokoohi

Street address
Hamadan University of Medical Sciences, Shahid Fahmideh Ave

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info.research@umsha.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Hamedan 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
Hamedan University of Medical Sciences

Full name of responsible person
Mohsen Ahmadi

Position
Student of Nursery

Latest degree
Master

Other areas of specialty/work
Nursery

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School of Nursing and Midwifery, Hamadan University of Medical Sciences, Shahid Fahmideh Ave.

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
Dr. Azim Azizi

Position
PhD in Nursery

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
Dr. Jalal Poorolajal

Position
Professor of Epidemiology

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Ph.D.

Other areas of specialty/work
Epidemiology

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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