

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Sep 2026

the effect of self-care training by distance education on Functional Status and the quality of life of patients with rheumatoid arthritis referred to Honari clinic in Jahrom city in 2022

Protocol summary

Study aim

The effect of distance self-care education on performance and quality of life of patients with rheumatoid arthritis referred to Jahrom Honari Clinic in 2022

Design

This clinical trial study has an intervention and control group, randomized and double-blind. The sample size is 78 people, 39 people in the intervention group and 39 people in the control group.

Settings and conduct

The place of intervention is WhatsApp. However, completing the questionnaires in the pre-test and post-test is in person at the art clinic.

Participants/Inclusion and exclusion criteria

Inclusion criteria include: Rheumatoid arthritis with the diagnosis of the treating physician; Age 60-18 years; At least 6 months of history of the disease; Be literate; Have a smartphone that has at least WhatsApp software installed and can use it (can only work with WhatsApp software. No need to master the other software); Aware of time and place, able to understand the Persian language, and no psychological illnesses according to the file; Exclusion criteria include: Advanced and malignant diseases such as cancer, chronic kidney disease, and advanced heart disease; Taking psychotropic drugs; Being employed in the treatment system;

Intervention groups

In this study, patients in the intervention group receive virtual training for five sessions (five weeks) and patients in the control group received only routine training provided by their physician.

Main outcome variables

The score of performance; quality of life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210114050037N1**

Registration date: **2022-07-03, 1401/04/12**

Registration timing: **prospective**

Last update: **2022-07-03, 1401/04/12**

Update count: **0**

Registration date

2022-07-03, 1401/04/12

Registrant information

Name

Ali asghar Rahmanian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5433 3628

Email address

lynurse8@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-08-01, 1401/05/10

Expected recruitment end date

2022-10-23, 1401/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

the effect of self-care training by distance education on Functional Status and the quality of life of patients with rheumatoid arthritis referred to Honari clinic in Jahrom city in 2022

Public title

the effect of self-care training by distance education on Functional Status and the quality of life of patients with rheumatoid arthritis referred to Honari clinic in Jahrom city in 2022

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Rheumatoid arthritis with the diagnosis of the treating physician Age 18-60 years At least 6 months history of the disease Be literate Having a smartphone that has at least WhatsApp software installed and can use it (can only work with WhatsApp software. No need to master the other software) Aware of time and place, able to understand Persian language, no psychological illnesses according to the file

Exclusion criteria:

Taking psychotropic drugs Being employed in the treatment system Having advanced and malignant diseases such as cancer, chronic kidney disease and advanced heart disease

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample size

Target sample size: **78**

Randomization (investigator's opinion)

Randomized

Randomization description

The sampling method is simple random. In this way, the researcher registers their names in a list by number among the people who meet the inclusion criteria and are satisfied to participate in the research. Then these people will be assigned to the intervention and control groups of 39 people each group in every other sample manner.

Blinding (investigator's opinion)

Double blinded

Blinding description

In this study, the person who is responsible for completing the questionnaires is not aware of the allocation of patients in the intervention and control groups, and the person who is going to analyze the data is not aware of which patient is in the intervention or control group. In SPSS, the intervention and control groups will be named as groups 1 and 2, so that the analyst is not aware of the intervention and control groups.)

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Jahrom University of Medical Sciences

Street address

Ostad Motahhari Boulevard, Jahrom University of Medical Sciences

City

Jahrom

Province

Fars

Postal code

74148-46199

Approval date

2022-06-19, 1401/03/29

Ethics committee reference number

IR.JUMS.REC.1401.025

Health conditions studied

1

Description of health condition studied

Rheumatoid Arthritis

ICD-10 code

M05

ICD-10 code description

Rheumatoid arthritis with rheumatoid factor

Primary outcomes

1

Description

Functional Status

Timepoint

Determining the average performance status before the intervention using a performance status questionnaire and one month after the intervention

Method of measurement

status functional questionnaire

2

Description

Quality of Life

Timepoint

Determining the average quality of life before the

intervention by quality of life questionnaire for patients with rheumatoid arthritis and one month after the intervention

Method of measurement

Quality of life questionnaire for patients with rheumatoid arthritis

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: After completing the demographic questionnaires, performance status, and quality of life by this group, virtual training in WhatsApp for this group begins. On a certain day of the week for five weeks, an educational video is uploaded to WhatsApp so that patients in the intervention group can watch the video. Then, patients' feedback on the clip played in the WhatsApp group is examined. One month after the completion of the virtual training, the mentioned questionnaires will be completed by the patients again.

Category

Other

2

Description

Control group: After completing the demographic questionnaires, performance status and quality of life in this group, no intervention is performed for these patients and they are only subject to the routine training of the treating physician. One month after the completion of virtual training in the intervention group, the mentioned questionnaires are completed again by the patients in the control group. In addition, after that, all the broadcast clips for the intervention group will be provided to the patients of the control group.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Jahrom city Honari clinic

Full name of responsible person

Ali asghar Rahmani kushkaki

Street address

Ostad Motahhari Boulevard, Corner of Alley 25

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Jahrom University of Medical Sciences

Full name of responsible person

Dr. Kavous Solhjoo

Street address

Jahrom, at the end of Ostad Motahhari Street

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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

Jahrom 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

Jahrom University of Medical Sciences

Full name of responsible person

Ali Asghar Rahmani Kushkaki

Position

Non-faculty

Latest degree

Master

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

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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

No - There is not 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