Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effects of a self-care training program on asthmatic patients' knowledge and quality of life

Protocol summary

Summary

The present study aimed to investigate the effect of self-care training on the asthma patients' knowledge and quality of life. The inclusion criteria was that asthmatic patients were referred to specialized clinics by physician diagnosis of asthma and Exclusion criteria was not wanting to continue working on the project. The study populations were all of asthmatic patients that referred to specialized clinics Shahid Faghihi and Shahid Motahari. In this study, 80 patients were selected through convenient sampling and randomly divided into the control and the intervention group. The educational intervention included five 60- minute educational sessions emphasizing self-care in asthma through interactive lectures, practical shows, question and answer, face to face training and presenting educational pamphlets. The study data were collected two stages: pre-test (before of intervention) and post test (two months after intervention).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201104236261N1**
Registration date: **2014-02-16, 1392/11/27**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-02-16, 1392/11/27

Registrant information

Name

Mohammad Hussein Kaveh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 1001

Email address

kaveh@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2011-05-01, 1390/02/11

Expected recruitment end date

2011-07-13, 1390/04/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of a self-care training program on asthmatic patients' knowledge and quality of life

Public title

Effects of a self-care training program on asthmatic patient's

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: asthmatic patients were referred to specialized clinics by physician diagnosis of asthma; at least one year pass of their diagnosis; the ages of 19 to 64 years; don’t participate to other same training program during the last 6 month at other centers; don’t participate to training program in other centers at the same time; ability to read and write (at least primary level education), and ability to understand Persian; have no other chronic diseases (such as diabetes, cancer and which requires special care and different programs);

have no interest to participate in the study; completed the consent form Exclusion criteria: the absence 2 sessions or more; not to participate in the test (pretest or post test); not wanting to continue working on the project; diagnose chronic disease (affecting QOL) in patients requiring hospitalization, the special treatment; out of the research environment (migration, death, etc)

Age
From **19 years** old to **64 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

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
Shiraz University of Medical Sciences

Street address
Shiraz University of Medical Sciences, Public Health School, Department of Health Education and Promotion ,

City
Shiraz

Postal code

Approval date
2010-09-23, 1389/07/01

Ethics committee reference number
CT-89-5486

Health conditions studied

1

Description of health condition studied
Asthma

ICD-10 code
j45

ICD-10 code description
Asthma

Primary outcomes

1

Description
knowledge of self care

Timepoint
before the intervention and 2 months after the intervention

Method of measurement
test of knowedge

2

Description
quality of life

Timepoint
before the intervention and 2 months after the intervention

Method of measurement
Qol in Asthmatic patients questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Training about the care of asthmatic patients in five 60-minute sessions as interactive lectures, practical views, questions and answers sessions, and face-to-face instruction with educational pamphlets in the intervention group was

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Motahari Clinic

Full name of responsible person
Administrator of Motahari clinic

Street address

City
Shiraz

2

Recruitment center

Name of recruitment center
Faghihi clinic

Full name of responsible person
Administrator of Motahari clinic

Street address

City
Shiraz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr. Ali Poost Froosh
Street address
Shiraz University of Medical Sciences
City
Shiraz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz University of Medical Sciences
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

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr.Mohammad Hossein Kaveh
Position
PHD of Health Education and Promotion
Other areas of specialty/work
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Person responsible for updating data

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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