

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 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 knowledge

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

Contact

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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