

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Investigating the effect of implementing an educational program based on King's goal achievement model on health-promoting behaviors and life satisfaction in type 2 diabetic patients

Protocol summary

Study aim

Determining the effect of implementing an educational program based on King's goal achievement model on health-promoting behaviors and life satisfaction in type 2 diabetes patients.

Design

This study will be a randomized clinical trial study without blinding, which aims to investigate the effect of implementing an educational program based on the model of achieving King's goal on health-promoting behaviors and life satisfaction in type 2 diabetes patients.

Settings and conduct

This study will be a randomized clinical trial study without blinding, with the aim of investigating the effect of implementing an educational program based on the King's goal achievement model on health-promoting behaviors and life satisfaction in type 2 diabetes patients. The research population will be type 2 diabetic patients referring to the diabetes clinic of Jahrom city in the south of Fars province.

Participants/Inclusion and exclusion criteria

60 patients with type 2 diabetes will be randomized into two intervention and control groups. Entry criteria include being literate, not having acute and chronic mental and psychological diseases, and age between 30 and 55 years. Exclusion criteria will include worsening of the disease, death of the patient, and withdrawal from the study for any reason.

Intervention groups

The intervention group will receive 7 training sessions

Main outcome variables

Behaviors that promote health and life satisfaction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190917044802N8**

Registration date: **2022-12-16, 1401/09/25**

Registration timing: **registered_while_recruiting**

Last update: **2022-12-16, 1401/09/25**

Update count: **0**

Registration date

2022-12-16, 1401/09/25

Registrant information

Name

Mostafa Bijani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5331 5012

Email address

bizhani_mostafa@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-12-16, 1401/09/25

Expected recruitment end date

2023-02-14, 1401/11/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of implementing an educational

program based on King's goal achievement model on health-promoting behaviors and life satisfaction in type 2 diabetic patients		Sciences
Public title The effect of implementing an educational program based on health-promoting behaviors and life satisfaction in diabetic patients Purpose Education/Guidance Inclusion/Exclusion criteria Inclusion criteria: Having literacy Not having acute and chronic mental and psychological diseases Age between 30 and 55 years Exclusion criteria: Worsening of the disease death of the patient Withdrawal from the study for any reason Age From 30 years old to 55 years old Gender Both Phase N/A Groups that have been masked <i>No information</i> Sample size Target sample size: 60 More than 1 sample in each individual Number of samples in each individual: 30 30 people in the intervention group and 30 people in the control group25 Randomization (investigator's opinion) Randomized Randomization description Patients with type 2 diabetes will be selected as convenience, and then randomly divided into intervention and control groups. For the purpose of random allocation, 60 cards were placed inside a sealed envelope and the patients were asked to randomly pick one card. Patients who take card A are in the intervention group and patients who take card B are in the control group. Blinding (investigator's opinion) Not blinded Blinding description Placebo Not used Assignment Parallel Other design features		Street address 7461686688, Fasa University of Medical Sciences, Ibn Sina Square, Fasa, Fars, Iran. City FASA Province Fars Postal code 7461686688 Approval date 2022-11-06, 1401/08/15 Ethics committee reference number IR.FUMS.REC.1401.124
		Health conditions studied
		<u>1</u>
		Description of health condition studied Type 2 diabetes mellitus ICD-10 code E11 ICD-10 code description Type 2 diabetes mellitus
		Primary outcomes
		<u>1</u>
		Description Health promoting lifestyle Timepoint Before, immediately and three months later Method of measurement Walker health promoting lifestyle questionnaire
		<u>2</u>
		Description Life satisfaction Timepoint Before, immediately and three months later Method of measurement Diner life satisfaction questionnaire
		Secondary outcomes
		empty
		Intervention groups
		<u>1</u>
		Description Intervention group: For the intervention group: training will be conducted through seven one-hour sessions in the form of group discussions, training pamphlets, lectures and educational PowerPoint for the intervention group. Category Lifestyle
Secondary Ids empty		
Ethics committees <u>1</u> Ethics committee Name of ethics committee Ethics Committee of Fasa University of Medical		

2

Description

Control group: The control group will only receive the training package and will not receive the training intervention

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Vali Asr Fasa Hospital

Full name of responsible person

Mostafa Bijani

Street address

7461686688, Fasa University of Medical Sciences, Ibn Sina Square, Fasa, Fars, Iran

City

Fasa

Province

Fars

Postal code

7461686688

Phone

+98 71 2220 9946

Email

bizhani_mostafa@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Fasa University of Medical Sciences

Full name of responsible person

Yasser Mansouri

Street address

7461686688, Fasa University of Medical Sciences, Ibn Sina Square, Fasa, Fars, Iran.

City

FASA

Province

Fars

Postal code

7461686688

Phone

+98 71 2220 9946

Email

mansouri@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Fasa 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

Fasa University of Medical Sciences

Full name of responsible person

Mostafa bijani

Position

Faculty member

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

7461686688, Fasa University of Medical Sciences, Ibn Sina Square, Fasa, Fars, Iran.

City

Fasa

Province

Fars

Postal code

7461686688

Phone

+98 71 2220 9946

Fax

Email

bizhani_mostafa@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Fasa University of Medical Sciences

Full name of responsible person

Mostafa Bijani

Position

Faculty member

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

7461686688, Fasa University of Medical Sciences, Ibn Sina Square, Fasa, Fars, Iran.

City

Fasa

Province

Fars

Postal code

7461686688,

Phone
+98 71 2220 9946
Email
bizhani_mostafa@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Fasa University of Medical Sciences
Full name of responsible person
Mostafa Bijani
Position
Faculty member
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
7461686688, Fasa University of Medical Sciences, Ibn
Sina Square, Fasa, Fars, Iran.
City
FASA
Province
Fars
Postal code
7461686688
Phone
071220994-6
Email
bizhani_mostafa@yahoo.com

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

Not applicable

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Authors can send their request to use the research results and statistical data to the responsible author.

When the data will become available and for how long

After the article is published and printed, the requested information will be provided to other authors

To whom data/document is available

After the article is published and printed, the requested information will be provided to other authors

Under which criteria data/document could be used

Authors can send their request to use the research results and statistical data to the responsible author.

From where data/document is obtainable

The request should be sent to the responsible author's email bizhani_mostafa@yahoo.com

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

Authors can send their request to use the research results and statistical data to the responsible author.

Comments