

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jun 2026

Investigating the effect of self-care training using the Teach-Back method on the health-enhancing behaviors of asthma patients

Protocol summary

Study aim

Determining the effect of self-care education using the Teach-back method on the health-promoting behaviors of patients with asthma

Design

A clinical trial with an intervention and control group with parallel groups, randomized using a table of random numbers on 88 patients.

Settings and conduct

Implementation of feedback training method for the intervention group (each person has three training sessions per week, one session for 35-45 minutes individually and with a feedback-based method in the Shahid Muftah Clinic of Yasouj city), after the intervention to ensure the continuation of self-care and Answers to questions, phone follow-ups during a month by the researcher

Participants/Inclusion and exclusion criteria

1) Age above 15 years 2) Not having an education in the department of medical sciences 3) Diagnosis of asthma by a specialist doctor 4) Not having speech, hearing and cognitive and memory defects 5) Not having a mental disorder 6) Failure to participate in simultaneous research projects 7) At least 6 months have passed since the onset of asthma Exit criteria 1. Unwillingness to continue cooperation in the study 2. Non-attendance of the patient in all training sessions 3. Death or migration of the patient

Intervention groups

In the intervention group, there are three training sessions per week, one session for 35-45 minutes individually and in a feedback-oriented way. At the end of the training sessions, pamphlets and brochures will be provided to the intervention group. After the intervention, to ensure the continuation of self-care, guidance, clarification of doubts and answers to questions, telephone follow-ups will be done by the researcher within a month. At the end of the study, educational materials were provided to the control group

Main outcome variables

Self-care education, feedback method, health promoting behaviors, asthma

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230529058325N1**

Registration date: **2023-05-31, 1402/03/10**

Registration timing: **prospective**

Last update: **2023-05-31, 1402/03/10**

Update count: **0**

Registration date

2023-05-31, 1402/03/10

Registrant information

Name

Ansarinik Forough

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 917 342 9562

Email address

foroughansari1400@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-06-17, 1402/03/27

Expected recruitment end date

2023-07-21, 1402/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Investigating the effect of self-care training using the Teach-Back method on the health-enhancing behaviors of asthma patients

Public title
The effect of self-care training in a feedback method on the health-promoting behaviors of patients with asthma

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
1) Age above 15 years2) Not having an education in the department of medical sciences3) Diagnosis of asthma by a specialist doctor4) Not having speech, hearing and cognitive and memory defects5) Not having a mental disorder6) Failure to participate in simultaneous research projects7) At least 6 months have passed since the onset of asthma
Exclusion criteria:
Unwillingness to continue cooperation in the study.
Absence of the patient in all training sessions. Death or migration of the patient

Age
From **15 years** old to **80 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **88**

Randomization (investigator's opinion)
Randomized

Randomization description
For the random assignment of sample people to one of the intervention and control groups, a random sequence is needed, which was obtained from the main randomization software by considering 10 blocks of 10 according to the following.

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 Hormozgan University of Medical Sciences
Street address
No. 43, 10 Abuzar Street, Masoom Abad, Yasouj
City
Yasuj
Province
Kohgiluyeh-va-Boyerahmad
Postal code
7591948515
Approval date
2023-05-10, 1402/02/20
Ethics committee reference number
IR.HUMS.REC.1402.034

Health conditions studied

1

Description of health condition studied
بیماران مبتلا به آسم
ICD-10 code
J30-J39
ICD-10 code description
X Diseases of the respiratory system (J30-J39 Other diseases of upper respiratory tract)

Primary outcomes

1

Description
health behaviors score in Walker's Health Promoting Lifestyle Questionnaire (HPLP)
Timepoint
Before the start of the intervention, one month after the intervention
Method of measurement
Walker Health Promotion Lifestyle Questionnaire (HPLP)

Secondary outcomes

1

Description
Walker's health-promoting lifestyle
Timepoint
Before the intervention, one month after the intervention
Method of measurement
Walker health promoting lifestyle questionnaire

Intervention groups

1

Description
Intervention group: In the intervention group, there are three sessions of self-care training using the feedback

training method, and each session lasts 30 to 45 minutes.

Category

Lifestyle

2

Description

Control group: The control group does not receive any self-care training

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Muftah Clinic

Full name of responsible person

Foroughansarinik

Street address

Tel Zali neighborhood, Montazeri St., Shahid Muftah Clinic

City

Yasuj

Province

Kohgilouyeh-va-Boyr Ahmad

Postal code

7591948515

Phone

+98 917 342 9562

Email

frwghansary28@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bandare-abbas University of Medical Sciences

Full name of responsible person

Vice President of Research and Technology

Street address

No. 43, Masoomabad St., Abuzar Boulevard, Abuzar 10

City

Yasuj

Province

Kohgilouyeh-va-Boyr Ahmad

Postal code

7591948515

Phone

+98 917 342 9562

Email

foroughansari1400@gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

Vice President of Research and Technology of Hormozgan 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

Bandare-abbas University of Medical Sciences

Full name of responsible person

Foroughansarinik

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

No. 43, Masoom Abad St., Abu Zar Blvd., Abu Zar 10, No

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Bandare-abbas University of Medical Sciences

Full name of responsible person

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Position

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Person responsible for updating data**Contact****Name of organization / entity**

Bandare-abbas University of Medical Sciences

Full name of responsible person

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Position

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Data and information on the main outcome

When the data will become available and for how long

Beginning of the access period from 1403

To whom data/document is available

Researchers working in academic and scientific institutes

Under which criteria data/document could be used

Having a license from a recognized university or scientific center

From where data/document is obtainable

09173429562 frwghansary28@gmail.com

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

Having a license from a recognized university or scientific center

Comments