Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

Kohgilouyeh-va-Boyrahmad

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-Boyrahmad

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-Boyrahmad

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7591948515

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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
Foroughansarinik

Position
Student

Latest degree
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Other areas of specialty/work
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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
Foroughansarinik
Position
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Bachelor
Other areas of specialty/work
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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