Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

the effect of self-care education with teach-back method in both virtual and face-to-face methods on self-esteem of heart failure patients in hospitals affiliated to jahrom university of medical science in 1401

Protocol summary

Study aim

The effect of self-care education with teach-back method in both virtual and face-to-face methods on self-esteem of heart failure patients

Design

This randomized clinical trial study with parallel groups will be conducted on 70 patients with heart failure hospitalized in Peymaniyeh and Seyed al-Shohada hospitals in Jahrom. Patients participating in the study will be divided into two groups of face-to-face and virtual training by means of a sealed envelope.

Settings and conduct

Patients with heart failure hospitalized in Peymaniyeh and Seyed al-Shohda hospitals in Jahrom will be included in the study. Patients participating in the study will be divided into two groups of face-to-face and virtual training by means of a sealed envelope.

Participants/Inclusion and exclusion criteria

Inclusion criteria: patients with heart failure referred to Peymaniyeh and Seyyed al-Shohda Hospitals in Jahrom, who express their consent to participate in the study. Exclusion criteria: includes patients who have attended classes and educational programs in the field of heart failure during the past 6 months.

Intervention groups

Face-to-face training group: The training content of using the self-care training method will be implemented in 4 sessions of 30 minutes in the form of individual face-to-face training during the patient's hospitalization in the ward. Virtual training group: The training content of the use of the self-care training method will be provided using the ITA program by mobile phone.

Main outcome variables

Self-esteem

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230219057452N1**
Registration date: **2023-07-26, 1402/05/04**
Registration timing: **registered_while_recruiting**

Last update: **2023-07-26, 1402/05/04**
Update count: **0**

Registration date

2023-07-26, 1402/05/04

Registrant information

Name

Mohammadreza Oliyee jahromy

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5427 8565

Email address

rezaolich@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-30, 1402/02/10

Expected recruitment end date

2023-10-02, 1402/07/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
the effect of self-care education with teach-back method in both virtual and face-to-face methods on self-esteem of heart failure patients in hospitals affiliated to jahrom university of medical science in 1401

Public title
The effect of recursive self-care training in both virtual and face-to-face methods on the self-esteem of hospitalized heart failure patients

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Having minimum literacy to read and write At least 12 months have passed since heart failure The ability to make phone calls and the ability to work with mobile phones and virtual networks Compliance with the training program in the training sessions

Exclusion criteria:
Participation or benefit from other classes and educational programs in the field of heart failure during the last 6 months Mental and psychological disorders based on the patient's file Severe infectious or debilitating illness

Age
From **25 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
The samples will be randomly assigned to groups A (recipients of face-to-face training) and group B (recipients of virtual training) according to two types of cards, A and B, using the method of sealed envelopes.

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 Jahrom University of Medical Sciences

Street address
Jahrom, Motahari Boulevard, University of Medical Sciences

City
Jahram

Province
Fars

Postal code
7167758256IR.JUMS.RE

Approval date
2023-02-07, 1401/11/18

Ethics committee reference number
IR.JUMS.REC.1401.118

Health conditions studied

1

Description of health condition studied
Heart failure

ICD-10 code
I50

ICD-10 code description
Heart failure

Primary outcomes

1

Description
Self-esteem

Timepoint
Before, immediately and one month after the intervention

Method of measurement
Rosenberg self-esteem questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group 1: The educational content of using the self-care training method will be implemented in 4 sessions of 30 minutes in the form of individual face-to-face training during the patient's hospitalization in the ward.

Category
Lifestyle

2

Description
Intervention group 2: The educational content of the use of the self-care training method will be provided using the ITA program by mobile phone.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Peymaniye Hospital, Jahrom city

Full name of responsible person
Mohammad Reza Olyaei

Street address
Shahid Motahari Boulevard, Peymaniye Hospital, Jahrom

City
Jahram

Province
Fars

Postal code
71677251542

Phone
+98 919 199 4886

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rezaolich@gmail.com

2

Recruitment center

Name of recruitment center
Seyed al-Shohda Jahrom Hospital

Full name of responsible person
Mohammad Reza Olyaei

Street address
Jahrom, Shahid Motahari Blvd., Seyed al-Shohada Hospital

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rezaolich@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Jahrom University of Medical Sciences

Full name of responsible person
Kavous Solhjoo

Street address
Jahrom, Shahid Motahari Blvd., Jahrom University of Medical Sciences, Research Assistant

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+98 71 2536 5231

Email
solhjok@yahoo.com

Grant name

Grant code / Reference number

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

Title of funding source
Jahrom 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
Jahrom University of Medical Sciences

Full name of responsible person
Mohammad Reza Olyaei

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Jahrom University of Medical Sciences

Full name of responsible person
Ali Dehghani

Position
Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available