

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 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-Shohada 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

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

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Postal code

71677251542

Phone

+98 919 199 4886

Email

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
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71677251542

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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
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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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Email

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Person responsible for updating data

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

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Email

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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