

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The effect of Self-efficacy training on life expectancy and quality of life, in the patients with type 2 diabetes

Protocol summary

Study aim

The aim of the current research is to answer the question whether interventions based on self-efficacy are effective on the life expectancy and quality of life of patients with type 2 diabetes

Design

The number of people investigated in the research will be 70 patients who are selected by easy sampling from the patients who refer to Tarafa hospital clinic and are allocated in two intervention and control groups by random number method using statistical software as pairs and individuals. Each group has 35 people.

Settings and conduct

For the patients of Tarabah hospital clinic, the intervention group will receive 10 sessions of self-efficacy training protocol for one and a half months in two sessions of 20 minutes per week, and the control group will not receive any intervention. After the intervention, the patients of the group The control will also receive the self-efficacy interventions in a compact form and mostly pamphlets.

Participants/Inclusion and exclusion criteria

The criteria for entering the study include having type 2 diabetes, age range 30 to 50 years, at least a diploma education, not having mental problems that require specialized psychological interventions based on personal reports and health records, and the criteria for exiting the study include absence of more than two sessions. and not doing homework and other therapeutic activities.

Intervention groups

For patients in the intervention group, Hijazi et al.'s self-efficacy training protocol will be implemented in 10 sessions for one and a half months, with two 20-minute sessions per week, while the control group did not receive any intervention during this study. They will not, of course, after the completion of the intervention, the patients of the control group will also receive the self-efficacy interventions in an intensive and mostly

pamphlet form.

Main outcome variables

Improving the quality and life expectancy

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230827059281N1**

Registration date: **2023-08-28, 1402/06/06**

Registration timing: **prospective**

Last update: **2023-08-28, 1402/06/06**

Update count: **0**

Registration date

2023-08-28, 1402/06/06

Registrant information

Name

Amir Ezzati

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 5574 1753

Email address

a.ezati@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-11, 1402/06/20

Expected recruitment end date

2023-11-11, 1402/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of Self-efficacy training on life expectancy and quality of life, in the patients with type 2 diabetes

Public title
The effect of Self-efficacy training on life expectancy and quality of life, in the patients with type 2 diabetes

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Having type 2 diabetes age range of 30-50 years at least a diploma education not having mental problems requiring specialized psychological interventions based on personal reports and health records
Exclusion criteria:

Age
From **30 years** old to **50 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 number of people investigated in the research will be 70 patients who are selected by easy sampling from the patients who refer to Tarafa hospital clinic and are allocated in two intervention and control groups by random number method using statistical software as pairs and individuals. Each group has 35 people.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Arak University of Medical Sciences

Street address

No. 23,Ghayomi Alley,Valiasr Streett

City

Tehran

Province

Tehran

Postal code

1594737414

Approval date

2023-08-28, 1402/06/06

Ethics committee reference number

IR.ARAKMU.REC.1402.107

Health conditions studied

1

Description of health condition studied

diabetes

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Quality of life based on the quality of life questionnaire score of Bruges et al

Timepoint

Before and after the intervention in the intervention and control group

Method of measurement

Bruges et al. Quality of Life Questionnaire (DQOL)

2

Description

Quality of life based on Omid Schneider questionnaire score

Timepoint

Before and after the intervention in the intervention and control group

Method of measurement

Omid Schneider questionnaire1991

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:

Category

Other

2

Description

Control group:

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Terfa Hospital

Full name of responsible person

Amir Ezzati

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Arak 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

Arak University of Medical Sciences

Full name of responsible person

Amir Ezzati

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for updating data

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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