

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

06 Jul 2026

### Effect of Designed Patient Self-care Education Program on Self Efficacy in Hospitalized Patients with Heart Failure

#### Protocol summary

##### Summary

This pre- and post-Quasi-experimental study will be on 56 hospitalized patients with heart failure selected from Seyyedolshohada educational and treatment center in Urmia with the aim of studying the effect of designed patient self-care education program on self-efficacy. Patients having the following criteria will be selected: aged between 40 to 65 years old; being at Risk of heart failure class II or III HF; having an ejection fraction less than 40%. Patients with the inclusion criteria - mentioned above - will be selected through convenience sampling into experimental (n = 28) and control (n = 28) group. Exclusion criteria will be having a history of hospitalization to be treated or working in the health professions. Any patient in the intervention group will be receiving self-care education program for three sessions of 30 minutes and patients in the control group will receive no intervention. The primary outcome of this study will be efficacy in patients with heart failure.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201608276918N24**

Registration date: **2017-05-28, 1396/03/07**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2017-05-28, 1396/03/07

##### Registrant information

##### Name

Alehe Seyedrasooli

##### Name of organization / entity

Faculty of Nursing & Midwifery

##### Country

Iran (Islamic Republic of)

##### Phone

+98 41 1479 0365

##### Email address

seyedrasooly@tbzmed.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Urmia University of Medical Sciences, Faculty of Nursing and Midwifery

##### Expected recruitment start date

2017-02-18, 1395/11/30

##### Expected recruitment end date

2017-08-21, 1396/05/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Designed Patient Self-care Education Program on Self Efficacy in Hospitalized Patients with Heart Failure

##### Public title

Self-care in Heart Failure

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria : 40 to 65 years old; Risk of heart failure class II or III HF; Have an ejection fraction less than 40%; Exclusion criteria: Having a history of hospitalization to treat and control the disease; Working in the health professions

##### Age

From **40 years** old to **65 years** old

##### Gender

Both

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 56

## Randomization (investigator's opinion)

Not randomized

## Randomization description

## Blinding (investigator's opinion)

Single 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 Urmia University of Medical Sciences

##### Street address

Adjacent to the 115 emergency, Jahad Avenue, University Headquarters, Uremia

##### City

Urmia

##### Postal code

#### Approval date

2016-09-22, 1395/07/01

#### Ethics committee reference number

lr.umsu.rec.1395.344

## Health conditions studied

### 1

#### Description of health condition studied

Heart Failure

#### ICD-10 code

I50.0

#### ICD-10 code description

Heart failure, unspecified

## Primary outcomes

### 1

#### Description

Self-efficacy

#### Timepoint

Before and After Education

## Method of measurement

Chronic Disease Self-efficacy Scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

The intervention group self-care training programs received a week for 30 minutes every other day

#### Category

Prevention

### 2

#### Description

The control group received routine care.

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Seyyedolshohada Educational and Treatment Center, Urmia

##### Full name of responsible person

##### Street address

##### City

Urmia

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice Chancellor for Research of Uremia University of Medical Sciences

##### Full name of responsible person

Rahim Beghayi

##### Street address

Urmia University of Medical Sciences, Faculty of Nursing and Midwifery

##### City

Urmia

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Vice Chancellor for Research of Uremia University of Medical Sciences

#### Proportion provided by this source

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin****Type of organization providing the funding**

*empty*

**Person responsible for general inquiries****Contact****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Faculty of Nursing and Midwifery, Uremia University of Medical Sciences

**Full name of responsible person**

Nader Aghajani

**Position**

PhD in Nursing

**Other areas of specialty/work****Street address**

15 km to the road of Serve, Nazlou, Faculty of Nursing & Midwifery, Uremia University of Medical Sciences

**City**

Urmia

**Postal code****Phone**

0098

**Fax****Email**

aghakhani@gmail.com

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

Faculty of Nursing & Midwifery, Uremia University of Medical Sciences

**Full name of responsible person**

Behrooz Emini

**Position**

Ms Student

**Other areas of specialty/work****Street address**

15 km to the road of Serve, Nazlou, Faculty of Nursing & Midwifery, Uremia University of Medical Sciences

**City****Postal code****Phone**

+98 41 3479 0364

**Fax****Email**

amini.b1365@gmail.com

**Web page address****Sharing plan****Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*