Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigating the effect of interdisciplinary training on self-efficacy and life satisfaction in hemodialysis patients

Protocol summary

Study aim
Determining the effect of interdisciplinary training on self-efficacy and life satisfaction in hemodialysis patients

Design
The current study is a simple randomized clinical trial without blinding that will be conducted on 60 patients undergoing hemodialysis.60 cards are placed in a sealed envelope.

Settings and conduct
The current study is a randomized clinical trial study without blinding, which will be conducted on 60 hemodialysis patients referred to Vali Asr Fasa Hospital in the south of Fars province.

Participants/Inclusion and exclusion criteria
Participants will be hemodialysis patients.The criteria for inclusion in the study include: willingness to participate in the study, being literate in reading and writing, and having at least 6 months of hemodialysis experience. Exclusion criteria include absence of more than two sessions in training sessions, exacerbation and worsening of the disease condition, and unwillingness to continue participating in the study for any reason.

Intervention groups
The intervention group (30 people) will receive interdisciplinary training.The control group will not receive the training intervention and will only receive the training package.

Main outcome variables
Self-efficacy and life satisfaction

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190917044802N11**
Registration date: **2024-01-21, 1402/11/01**
Registration timing: **registered_while_recruiting**
Last update: **2024-01-21, 1402/11/01**
Update count: **0**

Registration date
2024-01-21, 1402/11/01

Registrant information

Name
Mostafa Bijani

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 71 5331 5012

Email address
bizhani_mostafa@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-01-21, 1402/11/01

Expected recruitment end date
2024-04-18, 1403/01/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the effect of interdisciplinary training on self-efficacy and life satisfaction in hemodialysis patients

Public title
Investigating the effect of interdisciplinary training on self-efficacy and life satisfaction in hemodialysis patients

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Willingness to participate in the study Being literate in reading and writing Having at least 6 months of hemodialysis experience

Exclusion criteria:

Absence of more than two sessions in training sessions Aggravation and worsening of the disease Unwillingness to continue participating in the study for any reason

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

60 cards are placed in a sealed envelope. 30 cards are put on stickers (A intervention group) and labels are placed on other 30 cards (B control group). Then the patients participating in the study are asked to take one of the cards. People who take card A will be in the intervention group and people who take card B will be in the control group.

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 Fasa University of Medical Sciences

Street address

Ibn Sina Square

City

Fasa

Province

Fars

Postal code

7461686688

Approval date

2023-12-26, 1402/10/05

Ethics committee reference number

IR.FUMS.REC.1402.142

Health conditions studied

1

Description of health condition studied

Chronic kidney disease

ICD-10 code

N18

ICD-10 code description

Chronic kidney disease

Primary outcomes

1

Description

Self- Efficacy

Timepoint

Before, immediately and three months after the educational intervention

Method of measurement

Sherer's General Self-Efficacy Questionnaire

2

Description

Life satisfaction

Timepoint

Before,immediately and three months after the educational intervention

Method of measurement

Diener life satisfaction questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group: The interdisciplinary training program will be designed and implemented in the form of 5 sessions for the intervention group. The duration of each session will be 2 hours. In the first session, chronic kidney failure disease, its cause, aggravating factors of this disease will be taught, in the second session, the complications of chronic kidney failure disease, its effects on life, aggravating factors and factors that improve and reduce complications will be taught. . In the third session, recommendations related to nutrition, fluids, drugs and sexual education will be given to patients. In the fourth session, trainings related to assistance (guidance and introduction of clients to receive medical facilities to affiliated medical centers and help to solve the economic problem of sick clients in paying medical expenses, as well as, if necessary, communication with charities, relief committees or welfare organizations) and Also, spiritual issues (the purpose of one's life, belief in the other world and trust and faith in God) will be taught to the patients,

and in the fifth session, psychological issues (mental-psychological problems that these patients face and psychological support- Patients' social skills) will be taught to patients.

Category
Lifestyle

2

Description
Control group: The control group will only receive the training package and will not receive the training intervention.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Vali Asr Fasa Hospital

Full name of responsible person
Mostafa Bijani

Street address
Ibn Sina Square

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7461686688

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Email
bizhani_mostafa@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Fasa University of Medical Sciences

Full name of responsible person
Ali Akbar Farjadfar

Street address
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7461686688

Phone
+98 912 176 9752

Email
farjadfar@yahoo.com

Grant name

Grant code / Reference number

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

Title of funding source
Fasa 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
Fasa University of Medical Sciences

Full name of responsible person
Mostafa Bijani

Position
Faculty member

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

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Name of organization / entity
Fasa University of Medical Sciences

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Latest degree
Ph.D.

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Person responsible for updating data

Contact
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
All the questionnaires used in this study as well as the content of the training program will be provided to the applicants.
When the data will become available and for how long
The time period for accessing the data is after the publication of the article extracted from the study and there is no time limit.
To whom data/document is available
Researchers, nursing managers and hospital management can send their request to use the results of this research to the responsible author Mostafa Bijani in writing. Tell: 09173308451
Email:bizhani_mostafa@yahoo.com
Under which criteria data/document could be used
Nursing managers in the psychiatric department can use the results of this research to develop training programs for patients and patients' families.
From where data/document is obtainable
Researchers can send their request to use the results of this research to the responsible author Mostafa Bijani in writing. Tell: 09173308451
Email:bizhani_mostafa@yahoo.com
What processes are involved for a request to access data/document
Sending the request for the use of research documents and results to the responsible author and sending the results by the responsible author to the requesting person Tell: 09173308451
Email:bizhani_mostafa@yahoo.com
Comments