

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Effect of telenursing training versus control group on self-efficacy and hope in hemodialysis patients: a randomized clinical trial

Protocol summary

Study aim

To assess the effect of telenursing training versus control group on self-efficacy and hope in hemodialysis patients

Design

This is a randomized clinical trial study with a control group with parallel groups, without blinding, phase 2, in which 116 eligible patients will be randomly assigned to two intervention and control groups using a randomized block method.

Settings and conduct

This study will be conducted at the Beheshti Hospital in Hamadan city, involving 116 eligible hemodialysis patients. The patients will be randomly assigned to the intervention and control groups through the block randomization. However, it should be noted that blinding is not feasible in this trial.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age 18 to 60 years History of hemodialysis for at least one year Being literate Having a smart cell phone Exclusion criteria: Cognitive impairment Physical disability

Intervention groups

Intervention group: Routine training and care of the dialysis department, in addition to telenursing training through telephone calls for 15 minutes once a week for 8 weeks Control group: Routine training and care of the dialysis department

Main outcome variables

Primary outcome: Self-efficacy score, the hope score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120215009014N496**

Registration date: **2024-02-14, 1402/11/25**

Registration timing: **prospective**

Last update: **2024-02-14, 1402/11/25**

Update count: **0**

Registration date

2024-02-14, 1402/11/25

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-03-10, 1402/12/20

Expected recruitment end date

2024-05-19, 1403/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of telenursing training versus control group on self-efficacy and hope in hemodialysis patients: a randomized clinical trial

Public title

Effect of telenursing training versus control group on self-efficacy and hope in hemodialysis patients

Purpose

Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Age 18 to 60 years
History of hemodialysis for at least one year
Being literate
Having a smart cell phone
Exclusion criteria:
Cognitive impairment
Physical disability

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **116**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, random assignment of patients to the intervention and control groups will be carried out using block randomization. To achieve this, four sheets of paper will be prepared - two with the name of the intervention and two with the name of the control. These paper sheets will be pooled and placed in a container. Patients will be selected one at a time without replacement, and for each patient, a paper sheet will be randomly drawn from the container. After each draw, the paper sheets will be returned to the container, and the process will be repeated until the desired sample size is reached.

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 Hamadan University of Medical Sciences

Street address

Vice-chancellor for Research and Technology,
Hamadan University of Medical Sciences, Fahmideh Ave

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Province

Hamadan

Postal code

6517838695

Approval date

2024-01-20, 1402/10/30

Ethics committee reference number

IR.UMSHA.REC.1402.641

Health conditions studied

1

Description of health condition studied

Hemodialysis

ICD-10 code

R88.0

ICD-10 code description

Hemodialysis

Primary outcomes

1

Description

Self-efficacy score

Timepoint

Before the intervention and 8 weeks after

Method of measurement

Using the general self-efficacy questionnaire

2

Description

The hope score

Timepoint

Before the intervention and 8 weeks later

Method of measurement

Using Schneider's hope questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Routine training and care of the dialysis department, in addition to telenursing training through telephone calls for 15 minutes once a week for 8 weeks, including familiarization with chronic kidney failure, treatment and control of the disease, suitable diet for dialysis patients, daily activities and doing sports, how to take care of blood vessels and prevent infection, and how to do sexual activity

Category

Lifestyle

2

Description

Control group: Routine training and care of the dialysis department

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Beheshti Hospital in Hamadan city

Full name of responsible person

Danial Moradi

Street address

Beheshti Hospital, Eram Ave.

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Hamedan University of Medical Sciences

Full name of responsible person

Dr. Reza Shokoohi

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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

Hamedan 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**

Hamedan University of Medical Sciences

Full name of responsible person

Danial Moradi

Position

Student of Nursery

Latest degree

Master

Other areas of specialty/work

Nursery

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

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Full name of responsible person

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PhD in Nursery

Latest degree

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Other areas of specialty/work

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Person responsible for updating data**Contact**

Name of organization / entity

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Full name of responsible person

Dr. Jalal Poorolajal

Position

Professor of Epidemiology

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