Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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. T 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)

Phone
+98 81 1838 0090

Email address
poorolajal@umsha.ac.ir

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

City

Hamadan

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.
City
Hamadan
Province
Hamadan
Postal code
6517838695
Phone
+98 81 3838 0283
Email
daniel.moradi7678@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Hamedan University of Medical Sciences
Full name of responsible person
Dr. Reza Shokoohi
Street address
Hamadan University of Medical Sciences, Fahmideh Ave
City
Hamadan
Province
Hamadan
Postal code
6517838695
Phone
+98 81 3838 0717
Email
info.research@umsha.ac.ir
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
Street address
School of Nursing and Midwifery, Hamadan University of Medical Sciences, Fahmideh Ave.
City
Hamadan
Province
Hamadan
Postal code
6517838695
Phone
+98 81 3838 0572
Email
daniel.moradi7678@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Hamedan University of Medical Sciences
Full name of responsible person
Dr. Khodayar Oshvandi
Position
PhD in Nursery
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
School of Nursing and Midwifery, Hamadan University of Medical Sciences, Fahmideh Ave.
City
Hamadan
Province
Hamadan
Postal code
6517838695
Phone
+98 81 3838 0572
Email
oshvandi2005@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Hamedan University of Medical Sciences
Full name of responsible person
Dr. Jalal Poorolajal
Position
Professor of Epidemiology
Latest degree
Ph.D.
Other areas of specialty/work
Epidemiology
Street address
School of Public Health, Hamadan University of Medical Sciences, Fahmideh Ave
City
Hamadan
Province
Hamadan
Postal code
6517838695
Phone
+98 81 3838 0090
Email
poorolajal@umsha.ac.ir

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