

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of group education on self-management in patient with rheumatoid arthritis referring to the Rheumatoid Arthritis clinic Shiraz-IRAN

Protocol summary

Summary

The aim of this study was to investigate the effect of group education on self-management in patient with rheumatoid arthritis. Inclusion criteria: diagnosis of rheumatoid arthritis by Rheumatologist ; willingness to participate in the study; ability to do exercises two sessions in week. Exclusion criteria: Suffering from other diseases such as osteoarthritis or other associated diseases (cardio-pulmonary diseases or psychological disturbances) ; being absent in more than two training sessions. 64 patients from rheumatology clinic in Shiraz-Iran were enrolled in the study. participants were randomly assigned into two group(case and control). Intervention in this study was 16 sessions of educational-exercise for 2 months(two session 70 min per week). Primary outcome was self management in patients

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201308187531N3**

Registration date: **2013-11-30, 1392/09/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-11-30, 1392/09/09

Registrant information

Name

Iran Jahanbin

Name of organization / entity

University of Medical Sciences Shiraz

Country

Iran (Islamic Republic of)

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Email address

jahanbii@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2013-09-01, 1392/06/10

Expected recruitment end date

2013-11-01, 1392/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of group education on self-management in patient with rheumatoid arthritis referring to the Rheumatoid Arthritis clinic Shiraz-IRAN

Public title

The effect of group education on self-management in patient with rheumatoid arthritis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: diagnosis of rheumatoid arthritis by Rheumatologist based on ACR 2010 ; willingness to participate in the study; ability to do exercises two sessions in week. Exclusion criteria: Suffering from other diseases such as osteoarthritis or other associated diseases (cardio-pulmonary diseases or psychological disturbances) ; being absent in more than two training

sessions.

Age
From **18 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **64**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Medical Ethics Committee of Shiraz University of Medical Sciences

Street address
Zand Bld.Vice chancellor of Shiraz university of medical sciences

City
shiraz

Postal code

Approval date
2013-08-05, 1392/05/14

Ethics committee reference number
926620

Health conditions studied

1

Description of health condition studied
rheumatoid arthritis

ICD-10 code
M05.8

ICD-10 code description
Other seropositive rheumatoid arthritis

Primary outcomes

1

Description
self management

Timepoint
Immediately and 2month after the intervention

Method of measurement
using of AIMS2-SF and ASES questionnaire

Secondary outcomes

1

Description
pain

Timepoint
Immediately and 2month after the intervention

Method of measurement
using of VAS questionnaire

Intervention groups

1

Description
Teaching self management and group exercise program to experiment group for 8 weeks and two sessions 70 min in week .No intervention for control group.

Category
Lifestyle

2

Description
control group no intervention

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Hafez Rheumatology Clinic

Full name of responsible person
Hoseini Moghadam Mahboobe

Street address
N0. 16, Salman Rezaei alley, Imam Hossein St.

City
Behbahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Research Deputy of Shiraz University of Medical Science

Full name of responsible person
Dr Gholam Reza Hattam

Street address

Zand Bld, 7th Floor Research Deputy of Shiraz
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City

Shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Research Deputy of Shiraz University of Medical Science

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****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Iran Jahanbin

Position

MS Nursing

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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