

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jun 2026

The Impact of a orem Self-Care Education Program delivered through a social media platform on quality of life and health literacy among patients with breast cancer in Hamadan

Protocol summary

Study aim

The effect of self-care and health literacy training program on the quality of life of patients with breast cancer in Hamedan city.

Design

A quasi-experimental study that will be conducted as an intervention, pre-test-post-test with a control group. In the first part, 86 patients with breast cancer who refer to the Cancer Center of Besat Hospital, Hamadan in 1404 will be selected as a sample. Given the quasi-experimental method of the study, patients will be selected using the convenience sampling method based on the inclusion criteria.

Settings and conduct

The experimental group will be exposed to a self-care and health literacy program and content on the WhatsApp social network for two months (16 sessions of several hours). The control group will not receive any training.

Participants/Inclusion and exclusion criteria

Breast cancer diagnosis (patients who have been diagnosed with breast cancer and are in various stages of treatment) Ability to understand the concepts of self-care education Non-participation in other similar interventions

Intervention groups

First, in order to find out the level of quality of life and health literacy of patients in the initial sample, it will be measured based on standard questionnaires on quality of life and health literacy of Iranian women with breast cancer. Then, the effect of self-care and health literacy education through WhatsApp social networks will be carried out in two experimental and control groups (each group with a volume of 43 people). The experimental group will be placed under the self-care and health literacy educational program and content on the WhatsApp social network platform for two months (16

sessions of several hours). The control group will not receive education.

Main outcome variables

Improving health literacy improves the quality of life of breast cancer patients.

General information

Reason for update

A slight change of two prepositions in the title

Acronym

IRCT registration information

IRCT registration number: **IRCT20251016067650N1**

Registration date: **2025-11-14, 1404/08/23**

Registration timing: **registered_while_recruiting**

Last update: **2026-02-18, 1404/11/29**

Update count: **1**

Registration date

2025-11-14, 1404/08/23

Registrant information

Name

Abed hoseini

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3312 6381

Email address

hoseini.abed@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-09-22, 1404/06/31

Expected recruitment end date

2025-12-21, 1404/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Impact of a orem Self-Care Education Program delivered through a social media platform on quality of life and health literacy among patients with breast cancer in Hamadan

Public title

The effect of self-care education program on the quality of life of patients with breast cancer.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Breast cancer diagnosis (patients who have been diagnosed with breast cancer and are in various stages of treatment) Consent to participate in the study Age: Usually patients aged 18 years and above Ability to understand the concepts of self-care education Non-participation in other similar interventions

Exclusion criteria:

Inability to continue the study (patients who are unable to continue the study for any reason (medical problems, change in health status) Patient withdrawal Non-compliance with study protocols Death or disease exacerbation Participation in other concurrent interventions

Age

From **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of hamedan University of Medical Sciences

Street address

Shahid Fahmideh Blvd., Medan, University Headquarters, 4th Floor, Vice Chancellor for Research and Technology

City

hamedan

Province

Hamadan

Postal code

6517838784

Approval date

2025-09-30, 1404/07/08

Ethics committee reference number

IR.UMSHA.REC.1404.558

Health conditions studied

1

Description of health condition studied

breast cancer

ICD-10 code

C50.9

ICD-10 code description

Malignant neoplasm of breast of unspecified site

Primary outcomes

1

Description

Quality of life score in the QLQ-C30 quality of life questionnaire and the QLQ-BR32 breast cancer-specific quality of life questionnaire

Timepoint

2 months

Method of measurement

QLQ-C30 quality of life questionnaire and the QLQ-BR32 breast cancer-specific quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The intervention in this study will be based on the Orem Self-Care Education Program and will be designed via WhatsApp messenger. In this program, breast cancer patients will receive continuous, individual or group education in a safe and accessible digital

environment, such as: familiarizing patients with the nature of breast cancer, diagnosis, symptoms, treatment, side effects of treatment, especially chemotherapy, skin and hair care, oral hygiene, and

Category

Lifestyle

2**Description**

Control group: Does not receive training

Category

Lifestyle

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

Comprehensive Cancer Center

Full name of responsible person

Abdulazim Siddiqui Pashaki

Street address

Hamedan - Shahid Beheshti Blvd - Besat Specialized and Subspecialty Hospital - Comprehensive Cancer Center

City

hamedan

Province

Hamadan

Postal code

6517838784

Phone

+98 81 3838 0548

Email

cancer@umsha.ac.ir

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

Hamedan University of Medical Sciences

Full name of responsible person

Alireza Soltanian

Street address

Hamadan, Shahid Fahmideh Blvd., University Headquarters, Fourth Floor, Vice Chancellor for Research and Technology

City

hamedan

Province

Hamadan

Postal code

6517838784

Phone

+98 81 3131 4058

Email

Fanavari@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

Abedin Hosseini Ahangari

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Library and Medical Information

Street address

North Saidiyeh, Niko 2 Alley, No. 202, 2nd Floor

City

hamedan

Province

Hamadan

Postal code

6517838741

Phone

+98 81 3262 3422

Email

hoseini.abed@gmail.com

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

Hamedan University of Medical Sciences

Full name of responsible person

Abedin Hosseini Ahangari

Position

Assistant Professor

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Province

Hamadan

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No further information available.

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available