Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigating the effect of a nurse-led educational program based on King's goal achievement model on self-care and social health of the Elders

Protocol summary

Study aim
Investigating the effect of a nurse-led educational program based on King's goal achievement model on self-care and social health of the Elders

Design
Random allocation software such as Random Allocation Software will be used to randomly allocate 80 samples to two study groups (40 people in each group). First, each sample is assigned a number from 1 to 80. A random sequence is generated for allocation to experimental and control groups (e.g., A and B). The intervention will be administered to the selected samples from both centers.

Settings and conduct
Two elderly-populated health centers in Jahrom will be purposively selected, and 80 participants will be randomly chosen from each center using simple random sampling. Before the intervention, both groups will complete demographic, self-care, and social health questionnaires. The intervention group will participate in eight educational sessions, while the control group will receive only the routine training provided by the center. The questionnaires will be completed again immediately and three months after the intervention.

Participants/Inclusion and exclusion criteria
Informed consent and voluntary participation in the research, age over 60 years, literacy, physical and mental ability to perform the intervention in a self-declared manner, access to a mobile phone

Intervention groups
Two health centers in Jahrom will be purposefully selected. Using random allocation software, 80 participants will be randomly assigned to two study groups, with 40 individuals in each group. The intervention group will receive training delivered by the researcher over eight sessions (two one-hour sessions per week) in the form of lectures and group discussions. The control group, however, will receive only the routine training provided by the center's experts.

Main outcome variables
self-care, social health

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20251009067569N1**
Registration date: **2025-11-18, 1404/08/27**
Registration timing: **prospective**

Last update: **2025-11-18, 1404/08/27**
Update count: **0**

Registration date
2025-11-18, 1404/08/27

Registrant information

Name
Samira Moradi kochi

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 71 5437 4672

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-11-22, 1404/09/01

Expected recruitment end date
2026-03-21, 1405/01/01

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigating the effect of a nurse-led educational program based on King's goal achievement model on self-care and social health of the Elders

Public title
nvestigating the effect of a nurse-led educational program based on King's goal achievement model on self-care and social health of the Elders
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Provision of informed consent and voluntary participation in the study Age 60 years or older Literacy sufficient to understand study Physical and mental ability to perform the intervention, as self-reported Access to a mobile phone
Exclusion criteria:
Participant’s unwillingness to continue cooperation Absence from more than two educational sessions Use of medications that may affect the participant’s level of consciousness Loss of access to the participant for any reason, such as hospitalization or death Occurrence of acute physical or psychological problems
Age
From **60 years** old to **90 years** old
Gender
Both

Phase
3
Groups that have been masked
No information
Sample size
Target sample size: **80**
Randomization (investigator's opinion)
Randomized
Randomization description
A total of 80 participants will be randomly selected in proportion to the elderly population of the center. Each participant will first be assigned a number from 1 to 80. To randomly allocate the 80 participants into two study groups (40 participants per group), a randomization software, such as Random Allocation Software, will be used. A random sequence will then be generated to assign participants to the intervention and control groups (e.g., groups A and B). For instance, sequences like AABB or ABBA will be selected randomly.
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 Jahrom University of Medical Sciences
Street address
Motahari Boulevard, Jahrom University of Medical Sciences, Jahrom
City
Jahrom
Province
Fars
Postal code
74157-13945
Approval date
2025-10-07, 1404/07/15
Ethics committee reference number
IR.JUMS.REC.1404.098

Health conditions studied

1

Description of health condition studied
Elders
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Self-care, measured by the Elderly Self-Care Scale
Timepoint
Before, immediately after, and three months after the intervention
Method of measurement
Using the Elderly Self-Care Scale by Younesi Boroujeni et al. (2019)

Secondary outcomes

1

Description
social health
Timepoint
Before, immediately after, and three months after the intervention
Method of measurement
Elderly Social Health Questionnaire by Bao et al. (2018)

Intervention groups

1

Description
Intervention group: The elderly participants visiting the selected urban comprehensive health centers in Jahrom (Vali Asr Urban Comprehensive Health Center and Nik Eghbal Urban Comprehensive Health Center) will be included. The educational intervention for the intervention group will be implemented based on King's conceptual system, which consists of three main systems: personal, interpersonal, and social.

Category
Lifestyle

2

Description
Control group: Control group: The control group will only receive routine health center training from the center's experts.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Valiasr Urban Comprehensive Health Center

Full name of responsible person
Samira Moradi Koochi

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2

Recruitment center

Name of recruitment center
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Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
Jahrom 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
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Position
Student

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