Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of education-modificational intervention on psychosocial factors and asthma control among adolescents with asthma in respiratory speciality clinics of Tabriz -2011

Protocol summary

Summary

The purpose of this study is to assess the effect of education-modificational intervention on psychosocial factors (attitude, self-efficacy,quality of life) and asthma control. The research is experimental study and based on pretest-posttest control group design. A sample of 60 adolescents with asthma from 12 thru 18 years of age in respiratory speciality clinics participate in the study. Groups will be assigned randomly to intervention and control groups.Measurements of attitudes, quality of life, self- efficacy, and asthma control. Questionnaires will be collected prior intervention and five week post intervention in both groups. Intervention group receive the asthma face to face education program from asthma booklet and telephone follow up. Asthma education program is designed as four session,with emphasize on triggers of asthma and how to modification and control these triggers. Each session will take 20-30 min and trigger modification individually plan will be perform at last session.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112078315N1**
Registration date: **2012-05-06, 1391/02/17**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-05-06, 1391/02/17

Registrant information

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Name of organization / entity

Tabriz University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2012-01-21, 1390/11/01

Expected recruitment end date

2012-03-19, 1390/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education-modificational intervention on psychosocial factors and asthma control among adolescents with asthma in respiratory speciality clinics of Tabriz -2011

Public title

The effect of education-modificational intervention on psychosocial factors and asthma control among adolescents with asthma

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age between 12–18 years old; Asthma diagnosis ≥ 1 year ; having moderate or severe

persistent asthma had physician-diagnosed; live in Tabriz and suburb; being able to read and write; being satisfied to participate in the study and no mental disability. Exclusion criteria: having other acute diseases and esophageal reflux, sinusitis, rhinitis ; change the location of Tabriz and suburb and incomplete participated in educational sessions.

Age
From **12 years** old to **18 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

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
Tabriz Medical Sciences Ethic Commette

Street address
Tabriz University of Medical Sciences, Golgasht Street

City
Tabriz

Postal code

Approval date
2011-11-21, 1390/08/30

Ethics committee reference number
9051

Health conditions studied

1

Description of health condition studied
asthma

ICD-10 code
J45

ICD-10 code description
Mixed asthma

Primary outcomes

1

Description
Attitude

Timepoint
prior intervention and five week post intervention

Method of measurement
Child Attitude Toward Illness Scale

2

Description
Self-Efficacy

Timepoint
prior intervention and five week post intervention

Method of measurement
Child Asthma Self-Efficacy scale

3

Description
Quality of Life

Timepoint
prior intervention and five week post intervention

Method of measurement
Mini Pediatric Asthma Quality of Life Questionnaire (Mini PAQLQ)

Secondary outcomes

1

Description
Asthma control

Timepoint
prior intervention and five week post intervention

Method of measurement
Asthma Control Diary Questionnaire (modified)

Intervention groups

1

Description
Asthma education program is designed as four face to face sessions,with emphasize on triggers of asthma and how to modification and control these triggers. An individual modificational planning for identify and modify asthma triggers will perform last session. Each session will take 20-30 min.

Category
Behavior

2

Description
control group: routine care

Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Sheikhalraeis speciality clinic
Full name of responsible person
Soheila Zarei
Street address
Maralan Square, Azady street
City
Tabriz

2

Recruitment center
Name of recruitment center
Pediatric Respiratory speciality clinic
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tabriz International University of Medical Sciences (Aras)
Full name of responsible person
Mahmood Nazarpoor
Street address
Imam khomeini Street
City
Jolfa
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tabriz International University of Medical Sciences (Aras)
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

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Person responsible for updating data

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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