Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of SMS-Based Education on Mothers Sleep Knowledge and Sleep Quantity among Elementary School Students: A Single-Blind Randomized Clinical Trial

Protocol summary

Summary

This study is a clinical trial study that by cluster sampling will be selected primary schools for boys and girls. After completion of CSI-4 questionnaires by the mothers, children who are not psychotic problems are selected. At the beginning of the study to find out the children's sleep quantity, sleep registration of two-week (two week sleep record) will be completed by the mothers and After reviewing the results, Children who suffer with sleep deprivation isolated and randomly will be divided into control and intervention groups. To study the mothers sleep knowledge in both groups, parents-sleep knowledge inventory will be completed by mothers. Then in the intervention group a month to mothers sleep hygiene messages will be sent every day. Upon completion of the one month, two- week sleep record and parents-sleep knowledge inventory will be completed by mothers again. By comparing the two groups at the end the sleep quantity and sleep knowledge will be measured. To study the long-term behavior changes after three months, students will be examined again sleep quantity.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201407088315N10**
Registration date: **2015-09-25, 1394/07/03**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-09-25, 1394/07/03

Registrant information

Name

Leila Valizadeh

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-03-19, 1394/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of SMS-Based Education on Mothers Sleep Knowledge and Sleep Quantity among Elementary School Students: A Single-Blind Randomized Clinical Trial

Public title

The Effect of SMS-Based Education on Mothers Sleep Knowledge and Childrens Sleep Quantity

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: male and female students that studying in primary school in 2015-2016 years; students

that suffering from lack of sleep, according two-week sleep record form (in the age of 7 to 9 years if less than 10 hours and In the age group 10 to 12 years less than 9 hours); Lack of psychotic disorders using questionnaires CSI-4 (completed by the mothers) will be reviewed by fellow psychologist; The lack of children with chronic diseases such as diabetes, liver problems, cancer, etch, which can disrupt sleep; mother's tendency to participate in the research; Having a mobile; literacy mothers (at least FAQ); children aged 7 to 12 years;The child's mother is alive; family members are not medical professionals; The lack of physical or mental illness in parents and family members Exclusion criteria: students who do not complete their mothers recorded sleep and other questionnaires; during the study, mothers who for any reason do not tendency to participate in the research; mothers who did not response to receive the SMS; students who go from that city; mothers who received text messages, for whatever reason not a single ring (maximum half a SMS).

Age

From **7 years** old to **12 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size:

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tabriz University of Medical Sciences

Street address

Azadi Street, Golgasht Street, Tabriz University of Medical Sciences

City

Tabriz

Postal code

Approval date

2015-04-13, 1394/01/24

Ethics committee reference number

TBZMED.REC.1394.18

Health conditions studied

1

Description of health condition studied

The Relationship of SMS-Based Education whit Mothers Sleep Knowledge and Sleep Quantity among Elementary School Students

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

childrens sleep quantity

Timepoint

Before the intervention, Afther the intervention and Tree months afther intervention

Method of measurement

Two-Week Sleep Record Form

2

Description

Mothers Sleep Knowledge

Timepoint

Before the intervention, After the intervention

Method of measurement

PSKI Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

in the intervention group, for Mothers sending training SMS about sleep for a month then Parents- Sleep Knowledge Inventory and Two- Week Sleep Record will be completed by mothers to examine the impact of training SMS and after the three months to assess the lasting impact, Parents- Sleep Knowledge Inventory and Two- Week Sleep Record will be completed by mothers again.

Category

Other

2

Description

In the control group SMS will not be sent and after a month at the same time with intervention group, Parents-Sleep Knowledge Intventory and Two- Week Sleep Record will be completed by mothers.

Category

Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Primary Schools in Tabriz
Full name of responsible person
Leila Valizadeh
Street address
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tabriz University of Medical Sciences
Full name of responsible person
Dr. Mohammad Reza Rashidi
Street address
Azadi Street, Golgasht Street, Tabriz University of Medical Sciences
City
Tabriz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tabriz University of Medical Sciences
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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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