Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effect of distance education on public health emphasis via mobile phone (cell phone)

Protocol summary

Summary

Aim: The purpose of this study was determining the effect of mobile learning (m_learning) on development of public health; so we conducted a quasi- experimental study and intervention in 2011. Methods: Hundred patients with type 2 diabetic who refer to the diabetic center in Karaj, were randomly assigned to intervention group (n=50) and control group (n= 50). Inclusion criteria: Being able to basic reading and writing, age over thirty years old, being satisfied to participate in the study (intervention or control group), patient or one of his/ her family member's accessibility to the mobile phone. Exclusion criteria: Serious diabetic complication and psychological disorders should not be presented. Mobile education was considered for intervention group in nature of type 2 diabetes, complications, diet, exercise, drags, examination, during three months but in this period the control group received no training. The information about the individual characteristics, knowledge, attitude, practice (KAP) and self efficacy questionnaire and blood sampling was taken to measure fasting blood sugar, HgA1c, cholesterol total, LDL, HDL, triglyceride, microalbumin, bun, and creatinine before and after the intervention. Finally we compared above changeable between groups and before and after the intervention.

General information

Acronym

Mobile Health

IRCT registration information

IRCT registration number: **IRCT201112158416N1**
Registration date: **2011-12-24, 1390/10/03**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-12-24, 1390/10/03

Registrant information

Name
Mandana Goodarzi
Name of organization / entity
Islamic Azad University- Karaj Branch
Country
Iran (Islamic Republic of)
Phone
+98 26 1445 0614
Email address
mandana.goodarzi@kiau.ac.ir

Recruitment status

Recruitment complete

Funding source

Payame Noor university-Tehran

Expected recruitment start date

2011-06-22, 1390/04/01

Expected recruitment end date

2011-09-23, 1390/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of distance education on public health emphasis via mobile phone (cell phone)

Public title

Effect of training via mobile phone on public health

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Being able to basic reading and writing; age over thirty years old; being satisfied to participate in

the study (intervention or control group); patient or one of his/ her family member's accessibility to the mobile phone and HgA1c>7. Exclusion criteria: Serious diabetic complication and psychological disorders.

Age
From **30 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

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
Ethic committe of Islamic Azad Uniyersity- Karaj Branch

Street address
Cross road of Moazen Blv and Esteghlal Blv, Goohardasht,Karaj, Mailbox: 314850313

City
Karaj

Postal code

Approval date
2011-06-07, 1390/03/17

Ethics committee reference number
0025

Health conditions studied

1

Description of health condition studied
Diabetes type 2

ICD-10 code
E11

ICD-10 code description
Non-insulin-dependent diabetes mellitus

Primary outcomes

1

Description
Knowledge

Timepoint
Before the intervention and three month after intervention

Method of measurement
KAP questionnaire

2

Description
Practice

Timepoint
Before the intervention and three months after intervention

Method of measurement
KAP questionnaire

3

Description
Attitude

Timepoint
Before the intervention and three months after intervention

Method of measurement
KAP questionnaire

4

Description
Self efficacy

Timepoint
Before the intervention and three months after intervention

Method of measurement
Self efficacy questionnaire

5

Description
Fasting Blood Sugar

Timepoint
Before the intervention and three months after intervention

Method of measurement
Blood sample and laboratory measurement

6

Description
HgA1C

Timepoint
Before the intervention and three months after intervention

Method of measurement
Blood sample and laboratory measurement

7

Description
Blood lipids
Timepoint
Before the intervention and three months after intervention
Method of measurement
Blood sample and laboratory measurement

Secondary outcomes

empty

Intervention groups

1

Description
intervention group: Training via mobile phone about diabetes type2
Category
N/A

2

Description
control group: Did not receive any intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Karaj Diabetes Society
Full name of responsible person
Mandana Goodarzi
Street address
City
Karaj

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Payame Noor University
Full name of responsible person
Issa Ebrahimzadeh
Street address
Minicity-Tehran
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Payame Noor University
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
Islamic Azad University- Karaj Branch
Full name of responsible person
Mandana Goodarzi
Position
Distance Education Phd.student
Other areas of specialty/work
Street address
Crossroad of Moazen Blv and Esteghlal Blv, Goohardasht,Karaj, Mailbox: 314850313
City
Karaj
Postal code
Phone
+98 26 1445 0614
Fax
Email
mandana.goodarzi@kiau.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Islamic Azad University- Karaj Branch
Full name of responsible person
Mandana Goodarzi
Position
Distance Education Phd.Student
Other areas of specialty/work
Street address
Crossroad of Moazen Blv and Esteghlal Blv, Goohardasht,Karaj, Mailbox: 314850313
City
Karaj
Postal code
Phone
+98 26 1445 0614
Fax
+98 44 03254
Email
mandana.goodarzi@kiau.ac.ir; mandana.godarzi@kiau.ac.ir
Web page address

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University- Karaj Branch

Full name of responsible person

Mandana Goodarzi

Position

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Street address

Crossroad of Moazen Blv and Esteghlal Blv, Goohardasht,Karaj, Mailbox: 314850313

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+98 26 1445 0614

Fax

Email

mandana.goodarzi@kiau.ac.ir; mandana.godarzi@yahoo.com

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