

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 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, drugs, 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@kiaau.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

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Full name of responsible person

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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