

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

Effects of self-care education on HBA1C and emotional intelligence of patients with type two diabetes

Protocol summary

Summary

This study is designed to investigate the effect of self-care education on HBA1C and emotional intelligence of type II diabetic patients referred to martyr Motahari diabetic clinic in the year 2014. Patients 18 to 60 years old with at least a high school education who are living in Shiraz and refer to the center for follow-up treatment and with their informed consent selected. After filling out the consent form and demographic and Bar-on questionnaire and testing HBA1C by Using a randomized block divided into two experimental and control groups. Group received training materials once a week for 8 sessions for 1 - 1/5 hours. Control group not receiving intervention. Immediately after the intervention and two months after that date HBA1C test will be taken from both groups and Bar-on questionnaires filled out by their.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201408188505N7**

Registration date: **2014-11-18, 1393/08/27**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-11-18, 1393/08/27

Registrant information

Name

Seyed Saeed Najafi

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1727 7445

Email address

najafisa@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-07-15, 1393/04/24

Expected recruitment end date

2015-11-14, 1394/08/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of self-care education on HBA1C and emotional intelligence of patients with type two diabetes

Public title

Effects of self-care education on HBA1C and emotional intelligence

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Patient with type two; age between 18 - 60; having at least a high school diploma; willingness to participate in research; access to telephone; resident of Shiraz; without having mental or cognitive disorders
Exclusion criteria: DKA; HHNS; catch to sever or life threatening disorder

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 42

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Shiraz University of Medical Sciences

Street address
Central building of Shiraz University of Medical Sciences, Zand street, Shiraz

City
Shiraz

Postal code
71345-1978

Approval date
2014-07-14, 1393/04/23

Ethics committee reference number
ct-93-7091

Health conditions studied

1

Description of health condition studied
Diabetes mellitus

ICD-10 code
E11

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

Primary outcomes

1

Description
HBA1C

Timepoint
Before intervention; two months after start of the intervention; two months after the end of intervention

Method of measurement
Percent scale, Blood sampling, With HPLC

2

Description
Emotional intelligence

Timepoint
Before intervention; two months after start of the intervention; two months after the end of intervention

Method of measurement
Bar-on questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
The control group had no intervention

Category
N/A

2

Description
Form 8-course training class once a week for 1- 1/5 hours for the intervention group

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Diabetes clinic martyr Motahari

Full name of responsible person
Masoume Tohidi

Street address
Second floor of Martyr Motahari Clinic, Namazi square, Shiraz

City
Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for research of Shiraz University of Medical Sciences

Full name of responsible person
Dr. Sayed Basir Hashemi

Street address
Seventh floor of Shiraz university of Medical Sciences and health services, Zand blvd

City
Shiraz

Grant name

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?***Yes***Title of funding source***Vice Chancellor for research of Shiraz 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****Contact****Name of organization / entity***Shiraz university of medical sciences***Full name of responsible person***Salma Tavakol Moghadam***Position***master of nursing***Other areas of specialty/work****Street address***Hazrat-e-Fateme nursing and midwifery college,
Namazi hospital, Namazi square***City***Shiraz***Postal code***71345-1978***Phone***+98 71 3212 2633***Fax***+98 71 3212 2430***Email***salinavid@yahoo.com;
salma.Tmoghadam@gmail.com***Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity***Shiraz University of Medical Sciences***Full name of responsible person***Syed Saeed Najafi***Position***MS in nursing - Faculty***Other areas of specialty/work****Street address***Hazrat-e-Fateme nursing and midwifery college,
Namazi hospital, Namazi square***City***Shiraz***Postal code***71345-1978***Phone***+98 71 3212 2633***Fax***+98 32122430***Email***s_najafi44@yahoo.com ; najafisa@sums.ac.ir***Web page address****Person responsible for updating data****Contact****Name of organization / entity***Shiraz University of Medical Sciences***Full name of responsible person***Syed Saeed Najafi***Position***MS in nursing***Other areas of specialty/work****Street address***No. 1132, street 23/1, valiasr town, Rahmat blvd***City***Shiraz***Postal code***7156834939***Phone***+98 713727445***Fax***+98 71 3647 4252***Email****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*