Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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 stare 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 stare 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

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Syed Saeed Najafi

Position

MS in nursing - Faculty

Other areas of specialty/work

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Other areas of specialty/work

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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