

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

The Effect of Motivational Interviewing (MI) on Adherence to Therapy in COPD patients

Protocol summary

Summary

This study is performed to determine the Effect of Motivational Interviewing (MI) on Adherence to Therapy in COPD patients. This study is a clinical trial of two groups, before and after treatment that was done in Masih Daneshvari and Baghiyatallah hospital on 60 patients that was done randomly (four-blocks) and was divided into two groups. The studies population includes the patient suffering from chronic obstructive pulmonary disease who where less than 65 and the exclusion criteria was suffering others disease. In intervention group: during hospitalization, Motivational Interviewing is done by the interviewer over two days and then instructing the disease and life style is done in the third day. In control group: during hospitalization instructing the disease and life style is received in one day. Before doing native questionnaire intervention, adherence to treatment among chronic patient and the Morisky 8-Item Medication Adherence Questionnaire will be given to the sick and then one and two months later the questionnaire will be given to them. The Motivational Interviewing session in recorded and will be shown to the expert. The fascicle of instructing the disease and life style will be confirmed by the experts.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201604128650N7**
Registration date: **2016-07-27, 1395/05/06**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-07-27, 1395/05/06

Registrant information

Name

Abbas Ebadi

Name of organization / entity

Baqiyatallah University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Baqiyatallah University of Medical Sciences

Expected recruitment start date

2016-02-20, 1394/12/01

Expected recruitment end date

2016-08-21, 1395/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Motivational Interviewing (MI) on Adherence to Therapy in COPD patients

Public title

The Effect of Motivational Interviewing (MI) on Adherence to Therapy in COPD patients

Purpose

Prevention

Inclusion/Exclusion criteria

The inclusion criteria: diagnosed COPD by specialist or internist; the minimum age of 20 and maximum age of 65 years old; no other underlying diseases such as stroke and diabetes; speaking persian to communicate better

with patients; access and follow up for 8 weeks; no history of mental illness and Alzheimer's disease; at least reading and writing literacy to fill out the questionnaire. Exclusion criterion: physically and mentally debilitating complications during the study.

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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**

Baqiyatallah University of Medical Sciences

Street address

4th Floor, Nursing Faculty, Baqiyatallah University of Medical Sciences, P.O.Box: 19575174

City

Tehran

Postal code**Approval date**

2016-01-11, 1394/10/21

Ethics committee reference number

IR.BMSU.REC.1394.220

Health conditions studied**1****Description of health condition studied**

Chronic obstructive pulmonary disease

ICD-10 code

J44

ICD-10 code description

Other chronic obstructive pulmonary disease

Primary outcomes**1****Description**

Adherence to treatment

Timepoint

Pre intervention and one and two months after intervention

Method of measurement

Questionnaire Adherence to treatment in chronic patient and Morisky 8-Item Medication Adherence Questionnaire

Secondary outcomes**1****Description**

Re admission

Timepoint

One and two months after intervention

Method of measurement

Question from patient

Intervention groups**1****Description**

In intervention group, motivational interviewing is held in two day and in each day based on the bearing of the patients is held in 30 to 60 minutes by the interviewer and in the third day instructing to the patient by the interviewer will be done over 30 to 60 minutes based on bearing of the patient individually. motivational interviewing is in some parts of familiarity, feeling, passive and negative aspects, values and continuing the treatment or leaving the unsuitable behavior.

Category

Behavior

2**Description**

In control group they receive only one day instruction about disease in 30 to 60 minutes that is based on bearing and need individually by the interviewer. the mentioned subject in instructing the disease and life style is the two groups.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

National research institute of tuberculosis and lung disease Masih Daneshvari hospital

Full name of responsible person

Hamid Naderloo

Street address

Masih Daneshvari hospital, Darabad

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Baqiyatallah University of Medical Sciences

Full name of responsible person

afshin pakjo

Street address

The financial office, Nursing Faculty, Baqiyatallah University of Medical Sciences

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Baqiyatallah 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

Baqiyatallah University of Medical Sciences

Full name of responsible person

Hamid Naderloo

Position

Master student of critical care nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Dr. Abbas Ebadi

Position

PhD in Nursing

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Baqiyatallah University of Medical Sciences

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hamid naderloo

Position

Master student of critical care nursing

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hamid.naderloo@gmail.com

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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