Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect of education with teach–back method on self-care among renal transplant recipients

Protocol summary

Summary

This study aimed to evaluate the Effect of education with teach–back educational method on self-care among renal transplant recipients. In this randomized clinical trial study, 80 kidney transplant patients will be selected from the clinics of Imam khomeini Hospital in Urmia in 2016 and patients will be randomly assigned to two groups including intervention and control groups, using sealed envelope technique. Then in the intervention group educational content will be taught with teach–back educational method in five 60 minute session. The control group will receive routine care in the clinic. Teach back educational method provides a dynamic and bilateral Learning. First, the educator presents the contents relating to self-care, then the patient will repeat the learnt contents and this process continues between patient and educator until full understanding of the content. Self-care factors will be presented in five aspects, including Self-monitoring, Self-care behavior in daily living, early detection and coping with abnormalities after kidney transplantation, Stress management and uncategorized factors. Patients who have desire and sufficient literacy and have not a mental or infectious diseases will be enrolled in the study and patients who have previously participated in educating classes will be excluded. Data will be collected by demographic questionnaire and a special questionnaire on self-care in kidney transplant recipients and will be measured and compared through pre-test and post-test.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2016122817059N10**
Registration date: **2017-02-16, 1395/11/28**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2017-02-16, 1395/11/28

Registrant information

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Masoume Hemmati Maslakpak
Name of organization / entity
Urmia University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Urmia University of Medical Sciences

Expected recruitment start date

2016-11-21, 1395/09/01

Expected recruitment end date

2017-01-20, 1395/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of education with teach–back method on self-care among renal transplant recipients

Public title

Effect of education with teach–back method on self-care among renal transplant recipients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: signing the consent form; being at the age of 18-60 years; having the ability to read and write; willingness to participate in educational classes, complete the questionnaire ; absence of any mental disorders according to patients' records; Passing at least three months and a maximum of 12 months from the kidney transplantation; absence of debilitating or infectious disease; Ability to establish telephone contact with the patients; having records at the renal transplant clinic of Urmia; Exclusion criteria: Lack of consent to participate in the study; participation in other classes and educational programs about kidney transplantation and postoperative care of the patients during the study; having a limitative condition or disease

Age

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

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **80**

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

Ethics committee of Urmia University of Medical Sciences

Street address

Urmia University of Medical Sciences, Jahad square, Urmia

City

Urmia

Postal code

575611-5111

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

IR.umsu.rec.1395.236

Health conditions studied

1

Description of health condition studied

Renal Transplant

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-Care

Timepoint

Before the intervention; two months after the intervention

Method of measurement

Questionnaire of self-care in kidney transplant

Secondary outcomes

1

Description

Self-esteem

Timepoint

Before the intervention; two months after the intervention

Method of measurement

ROSENBERG Self-esteem scale

Intervention groups

1

Description

control group: The control group will receive routine care of clinic.

Category

Other

2

Description

Intervention group: educational content will be taught individually with teach–back educational method in the form of Face to face through five 60 minute sessions. Self-care education will be presented in five aspects, including Self-monitoring, Self-care behavior in daily living, early detection and coping with abnormalities after kidney transplantation, Stress management and uncategorized aspect.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Renal Transplant Clinic in Imam khomeini Hospital in Urmia

Full name of responsible person
Farzin Mollazadeh

Street address
Renal transplant clinic, Imam Khomeini Hospital, Ershad Ave, Modarres Blvd, Urmia

City
Urmia

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research, Urmia University of Medical Sciences

Full name of responsible person
Iraj Mohebbi

Street address
Urmia University of Medical Sciences, Jahad square, Urmia

City
Urmia

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, Urmia 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

Person responsible for scientific inquiries

Contact

Name of organization / entity
Urmia University of Medical Sciences

Full name of responsible person
Masoomeh Hemmati Maslak Pak

Position
Associate Professor, educational Deputy of Urmia Nursing and Midwifery faculty

Other areas of specialty/work

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Person responsible for updating data

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Position
Student of Master of Science in Medical and Surgical Nursing

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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