Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Influence of self-care education on Multiple Sclerosis patients` adaptation

Protocol summary

Summary

The purpose of this research was to study the influence of self- care education on adaptation of multiple sclerosis patients. The inclusion criteria were age between 20 to 65 years, educational level of elementary school and higher, not dependent to wheelchair, not being in acute phase of the disease, residence in Arak, willing to participate in the study, member of Multiple Sclerosis Association of Markazi province; and the exclusion criteria were patient's failure in cooperation and death. In this research, 50 eligible patients referring to Multiple Sclerosis Association were chosen purposefully and a code was allocated to each one of them. Then, patients were randomly divided into two control and intervention groups. The intervention was performed in five, 45 minutes sessions for 5 weeks; in the form of face to face education, practical presentation and answering questions, as well as providing educational materials. The data was gathered in three levels; before intervention, one week and four weeks after intervention in the two groups. The initial outcome was adaptation and the secondary outcome was the improvement of social relations.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015100224290N1**
Registration date: **2016-04-12, 1395/01/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-04-12, 1395/01/24

Registrant information

Name

Zohreh Farahani

Name of organization / entity

Arak Medical University

Country

Iran (Islamic Republic of)

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+98 86 3497 2718

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research,Arak University of Medical Sciences

Expected recruitment start date

2015-11-22, 1394/09/01

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Influence of self-care education on Multiple Sclerosis patients` adaptation

Public title

Effectiveness of self-care education on Multiple Sclerosis patients` adaptation

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:20-65 years old; educational degree of elementary school and higher; independency on wheelchair; the period of disease not being in serious step of diseases; residence in Arak; having capability and enthusiasm to participation in analysis; aware consent to participation in research; membership in Markazi Multiple Sclerosis Association. Exclusion criteria: failure in

pursuing the educational program; death; patient's discooperation.

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

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Randomization method, a random number table.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Arak .University of Medical Sciences

Street address
Arak University of Medical Sciences, Alamoll Huda Street, Railroad Street , Arak

City
Arak

Postal code

Approval date
2015-06-29, 1394/04/08

Ethics committee reference number
ir.arakmu.rec.1394.81

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis

ICD-10 code
G35

ICD-10 code description
Demyelinating diseases of the central nervous system

Primary outcomes

1

Description
adaptation

Timepoint
Before the intervention, after the intervention, 4 weeks after intervention

Method of measurement
Social Adaptation Questionnaire

Secondary outcomes

1

Description
Probable relation

Timepoint
Before the intervention, after the intervention, 4 weeks after intervention

Method of measurement
Social Adaptation Questionnaire

Intervention groups

1

Description
Intervention group:Education in the field of self-care in Multiple Sclerosis patients was performed in five 45-minute sessions in the form of face to face education, question- answer and presentation of educational booklet. It included the familiarity with Multiple Sclerosis disease, self-care education in terms of urinary disorders, self-care education on fatigue and improvement of balance, and also self-care education in the field of spasm and muscular weakness.

Category
Lifestyle

2

Description
Control group: didn't undergo any treatment.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
MS Society of Markazi province

Full name of responsible person
Mr.Amiri

Street address
MS Society of Markazi province, Farabi street, Razavi town, Arak, Iran

City

Arak

Sponsors / Funding sources

1

Sponsor

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

Full name of responsible person
Mr.Babaie

Street address
Faculty of Nursing and Midwifery, Arak University of Medical Sciences, Sardasht, Arak

City
Arak

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 Arak 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
Arak University of Medical Sciences

Full name of responsible person
Zohreh Farahani

Position
Bsc in Operating room 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
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Assistant Professor

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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