Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of self-management program on self-efficacy and life satisfaction of patients with spinal cord injury (SCI)

Protocol summary

Summary

aim :This research aims to determine the effect of self-management program on self-efficacy and life satisfaction of patients with spinal cord injury (SCI). Design: This research is a randomized clinical trial study do on 66 patients with SCI. Population: The study populations include patients with spinal cord injury patients referred to the Iran Spinal Cord Disability Support Center and eligible to enter the study. Inclusion criteria: Aged 65-18 years; history of spinal cord injury from 3 months to 6 years; Spinal cord injury leading to paraplegia; not having trouble communicating (like deafness and blindness); Making phone calls. Exclusion criteria: Unwilling to participate in the study; the deterioration of the patients' condition prevents them from participating in the program. Method: The available sampling is done among Spinal Cord Injury patients referred to the Iran Spinal Cord Disability Support Center base on inclusion criteria. Then, random allocation of patients is done in two groups of intervention and control using random numbers. Intervention: The control group receive routine care. For the intervention group, self-management program is implement based on five self-management skills. Patients in both groups will complete moorong self-efficacy (MSES) and life satisfaction (SWLS) questionnaires before intervention. In intervention group, self-management sessions will be performed in 4 sessions of 2 hour, two session a week. After completing the intervention, a follow-up program is conducted for 12 weeks each week by the researcher for samples. Main outcome measures (variables): self-efficacy and life satisfaction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201710306314N3**

Registration date: **2017-11-19, 1396/08/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-11-19, 1396/08/28

Registrant information

Name

Soraya Nejati

Name of organization / entity

Tehran University Medical of Science

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Recruitment status

Recruitment complete

Funding source

Faculty of Nursing and Midwifery, Tehran University of Medical Sciences

Expected recruitment start date

2017-10-07, 1396/07/15

Expected recruitment end date

2017-11-21, 1396/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-management program on self-efficacy and life satisfaction of patients with spinal cord injury (SCI)

Public title
The effect of self-management program on self-efficacy and life satisfaction of patients with spinal cord injury
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: Aged 65-18 yrs, The history of spinal cord injury from 3 months to 6 yrs; Spinal cord injury leading to paraplegia; Not having trouble communicating (like deafness and blindness; Making phone calls. exclusion criteria: Unwilling to participate in the study; The deterioration of the patients' condition prevents them from participating in the program.
Age
From **18 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **66**
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
Ethicsl Commitee of Tehran Faculty of Nursing and Midwifery and rehabilitation
Street address
Faculty of Nursing and Midwifery, Nosrat Sharghi Street, Tohid Square, Tehran
City
Tehran
Postal code
Approval date
2016-12-27, 1395/10/07
Ethics committee reference number
IR.TUMS.FNM.REC.1395.1328

Health conditions studied

1

Description of health condition studied
spinal cord injury
ICD-10 code
G95.2
ICD-10 code description
Cord compression, unspecified

Primary outcomes

1

Description
self-efficacy
Timepoint
Before the intervention, one month and three months after the end of the intervention
Method of measurement
Morong Self-Efficacy Questionnaire (MSES)

2

Description
Satisfaction of life
Timepoint
Before the intervention, one month and three months after the end of the intervention
Method of measurement
Life satisfaction questionnaire (SWLS)

Secondary outcomes

empty

Intervention groups

1

Description
Control group: : The control group receive routine care.
Category
N/A

2

Description
For the intervention group, self-management program is implement based on five self-management skills, including: 1. Problem-solving skills. 2. Decision-making skills. 3. Use of resources. 4. Formation of therapeutic communication between caregiver and patient. 5. Operational program. In intervention group, self-management sessions will be performed in 4 sessions of 2 hour, two session a week.
Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Iran Spinal Cord Disability Support Center

Full name of responsible person
Masoumeh Taghizadeh

Street address
Rehabilitation and Educational Center for Spinal Cord Injury Shohada Jalayipour, Fire Department Street, behind the Shahid Akbar Abadi Hospital, Mowlavi Street, Tehran

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Mohammadali Sahraiyan

Street address
Central building of Tehran University of Medical Sciences, Qhds street, Keshavarz Blvd.

City
Tehran

Grant name

Grant code / Reference number

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

Title of funding source
Tehran 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
Faculty of Nursing and Midwifery, Tehran University of Medical Sciences

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Msn student in Medical-Surgical Nursing

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Person responsible for updating data

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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