Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigating the effects of self-care education through podcast on self-esteem and worry of patients with multiple sclerosis: A parallel randomized clinical trial

Protocol summary

Study aim
Determining the effect of self-care education in the form of a podcast on the self-esteem and anxiety of patients with multiple sclerosis will be done.

Design
A parallel randomized clinical trial including 72 patients, double blinded

Settings and conduct
The self-care training program will be held once a week for 6 weeks. The method of the self-care training program will be available to the participants of the test group under pre-produced podcasts. Immediately and two months after the end of the intervention for the test group, both groups will complete the self-esteem questionnaire and the anxiety questionnaire again.

Participants/Inclusion and exclusion criteria
Entry criteria: - Membership in Multiple Sclerosis Association of Iran - Age between 18 and 50 years- Having a smartphone with the ability to install WhatsApp software- At least one year has passed since the diagnosis of MS - Being literate in reading and writing. Exit criteria :- Suffering from severe physical limitations caused by the disease (advanced stages of the disease)- Suffering from severe mental disorders- Experience of participating in educational programs related to self-care

Intervention groups
In the test group, the participants will be subjected to the intervention of the self-care program. 6 audio files will be prepared and will be held once a week for 6 weeks. The participants of the control group will receive the same treatments and routine care that they received before participating in the study, and at the end of the study, the intervention of the self-care program will also be shared for the control group .Immediately and two months after the completion of the intervention for the test group, both groups will complete the self-esteem questionnaire and the anxiety questionnaire again.

Main outcome variables
Self-esteem and worry of patients with multiple sclerosis

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250907067152N1**
Registration date: **2025-10-01, 1404/07/09**
Registration timing: **prospective**

Last update: **2025-10-01, 1404/07/09**
Update count: **0**

Registration date
2025-10-01, 1404/07/09

Registrant information
Name
fateme babazade
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 23 3239 1850
Email address
fatemeh.babazade1379@gmail.com

Recruitment status
recruiting
Funding source

Expected recruitment start date
2025-10-23, 1404/08/01
Expected recruitment end date
2027-10-23, 1406/08/01
Actual recruitment start date
empty
Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effects of self-care education through podcast on self-esteem and worry of patients with multiple sclerosis: A parallel randomized clinical trial

Public title

Investigating the effects of self-care education through podcast on self-esteem and worry of patients with multiple sclerosis: A parallel randomized clinical trial

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Membership in Iran's Multiple Sclerosis Association Age between 18 and 50 years Having a smartphone with the ability to install WhatsApp software At least one year has passed since the diagnosis of MS- Being literate in reading and writing.

Exclusion criteria:

Having severe physical limitations caused by the disease (advanced stages of the disease) Suffering from severe mental disorders Experience of participating in educational programs related to self-care

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

In the current study, patients will be selected based on the criteria desired by the researcher and by the available sampling method, and based on the software, the patients will be grouped into blocks of four and will be placed in two groups, test and control. The order of randomization will be done secretly.It means that there are 72 envelopes in the package, each of which contains a code. After it is determined that the target person participates in the study, the researcher takes the target envelope in the specified order and acts according to the group registered in the envelope.

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 Shahrood University of Medical Sciences

Street address

Haft Tir Square

City

shahrood

Province

Semnan

Postal code

3614773943

Approval date

2025-09-13, 1404/06/22

Ethics committee reference number

IR.SHMU.REC.1404.067

Health conditions studied

1

Description of health condition studied

Multiple sclerosis

ICD-10 code

G35

ICD-10 code description

Multiple sclerosis

Primary outcomes

1

Description

Self-esteem before selfcare training

Timepoint

Before the start of the intervention and immediately and two months after the end of the intervention

Method of measurement

Rosenberg self-esteem questionnaire

2

Description

Anxiety before self-care training

Timepoint

Before the start of the intervention and immediately and two months after the end of the intervention

Method of measurement

Pennsylvania Anxiety Inventory

Secondary outcomes

1

Description
Self-esteem after self-care training
Timepoint
Before the start of the intervention and immediately and two months after the end of the intervention
Method of measurement
Rosenberg self-esteem questionnaire

2

Description
Anxiety after self-care training
Timepoint
Before the start of the intervention and immediately and two months after the end of the intervention
Method of measurement
Pennsylvania Anxiety Inventory

Intervention groups

1

Description
Intervention group: 6 audio files, each of which is an episode, and the duration of each episode is 10 to 20 minutes, are prepared, and the self-care training program is held once a week for 6 weeks. The method of the self-care training program will be provided to the participants of the test group under pre-produced podcasts
Category
Treatment - Other

2

Description
Control group: Control participants will receive all the treatments and routine care they received before participating in the study, and at the end of the study, a self-care training program will be shared for the control group. Immediately and two months after the end of the intervention for the test group, both groups will complete the self-esteem questionnaire and the anxiety questionnaire again.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Ghaem Hospital
Full name of responsible person
D.Hossein Bagheri
Street address
Taghi Abad square
City
mashhad
Province
Razavi Khorasan
Postal code
99199-91766
Phone
+98 51 3845 3239
Email
bagheri@shmu.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahroud University of Medical Sciences
Full name of responsible person
Dr. Hossein Ebrahimi
Street address
Haft Tir Square, Shahrood University of Medical Sciences
City
shahrood
Province
Semnan
Postal code
361473947
Phone
+98 23 3239 5054
Email
vcr@shmu.a.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahroud University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Shahroud University of Medical Sciences
Full name of responsible person
D.Hossein Bagheri
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery

Street address
Shahrood University of Medical Sciences, Haft Tir Square
City
Shahrood
Province
Semnan
Postal code
3614773943
Phone
+98 23 3239 5054
Email
bagheri@shmu.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shahroud University of Medical Sciences
Full name of responsible person
D.Hossein Bagheri
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Shahrood University of Medical Sciences, Haft Tir Square
City
Shahrood
Province
Semnan
Postal code
3614773943
Phone
+98 23 3239 5054
Email
bagheri@shmu.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Shahroud University of Medical Sciences
Full name of responsible person
D.Hossein Bagheri
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Shahrood University of Medical Sciences, Haft Tir Square
City
Shahrood
Province
Semnan
Postal code
3614773943
Phone
+98 23 3239 5054
Email
bagheri@shmu.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available