Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Nov 2026

The effect of motion-based self-care education on self-care behavior of patients with COVID-19 in Isfahan in 2022

Protocol summary

Study aim
Determining the effect of self-care education based on motionography on the self-care behavior of patients with COVID-19

Design
The clinical trial has a control group with single blind and randomized parallel groups on 40 patients with COVID-19 and random numbers table is used for randomization.

Settings and conduct
The study was conducted in the office of Dr morteza Pourahmad(specializing in infectious diseases),during which 40 patients of COVID-19 who needed home quarantine were randomly divided into control and intervention groups,and then to the patients of the intervention group with motion graphics about nutrition.Patients during the recovery period,how to take drugs and drug and nutritional interactions,the principles of proper quarantine in a separate or shared room,use of common or separate sanitary facilities,principles of disposing of patient waste,duration of quarantine and issues related to after getting out of quarantine,tips related to the possibility of re-infection with the COVID-19 disease,time of corona vaccine injection,signs and symptoms of worsening of the disease,respiratory physiotherapy and psychological issues related to the quarantine period,were given and the patients of the control group were given oral training.And it is given by the attending physician.Data collection is done before and after the intervention.

Participants/Inclusion and exclusion criteria
Age between 20-65;Suffering from cancer diseases,history of organ transplant surgeries and using drugs that weaken the immune system

Intervention groups
The intervention group included patients with COVID-19 who will benefit from self-care training at home using motion graphics,and the control group included patients with covid-19 who will benefit from orally by their physician.

Main outcome variables
Improving the self-care behavior of patients with COVID-19 in home quarantine.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20150715023216N12**
Registration date: **2022-08-03, 1401/05/12**
Registration timing: **prospective**

Last update: **2022-08-03, 1401/05/12**
Update count: **0**

Registration date
2022-08-03, 1401/05/12

Registrant information

Name
Said Amini Rarani

Name of organization / entity
Isfahan University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-08-06, 1401/05/15

Expected recruitment end date
2022-09-22, 1401/06/31

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of motion-based self-care education on self-care behavior of patients with COVID-19 in Isfahan in 2022

Public title
The effect of motion-based self-care education on self-care behavior of patients with COVID-19
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
All patients have full consent to participate in the study. Patients only need home quarantine. The patients of the intervention group should have mobile phones with the ability to run motion graphics. Intervention group patients should have good hearing. Patients should be in the age range of 20-65 years.
Exclusion criteria:
Suffering from cancer diseases History of organ transplant surgeries Using drugs that weaken the immune system
Age
From **20 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Data analyser

Sample size
Target sample size: **40**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple randomization will be done using permutation block in such a way that intervention group patients will be given code A and control group patients will be given code B, and then the blocks will be determined by lottery and for example If the first block is AB, it means that the first patient who meets the study entry criteria will be in the intervention group and the second patient who meets the study entry criteria will be in the control group, and we will have twenty blocks in total.
Blinding (investigator's opinion)
Single blinded
Blinding description
In this project, the data analyst will not be aware of which patients are in the intervention group and which are in the control group.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Isfahan University of Medical Sciences
Street address
Hezarjerib Street, Isfahan, Iran
City
Isfahan
Province
Isfehan
Postal code
8174673461
Approval date
2022-07-24, 1401/05/02
Ethics committee reference number
IR.MUI.NUREMA.REC.1401.053

Health conditions studied

1

Description of health condition studied
COVID-19
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
The power score of self-care behavior of COVID-19 at home in the researcher-made questionnaire of self-care behavior of COVID-19 at home
Timepoint
The measurement of the ability to self-care for COVID-19 at home at the beginning of the study (before the intervention) and 14 days after receiving self-care training at home
Method of measurement
Questionnaire of self-care behavior of COVID-19 at home

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Receiving self-care education motion graphics (in the areas of feeding patients during the recovery period, how to take drugs and drug and

nutritional interactions, principles of appropriate quarantine in a separate room or a shared room, using a shared toilet and bathroom with other family members or Separately, the principles of disposing of patient waste, the duration of quarantine and issues related to after leaving quarantine, points related to the possibility of re-infection with COVID-19, the time of corona vaccine injection, signs and symptoms of worsening of the disease, respiratory physiotherapy and psychological issues. Related to the quarantine period and topics related to fasting in the holy month of Ramadan in patients with COVID-19).

Category

Lifestyle

2

Description

Control group: Control group: receiving oral training in the areas of nutrition for patients during the recovery period, how to take drugs and drug and nutritional interactions, the principles of proper quarantine in a separate room or a shared room, using a shared toilet and bathroom with other family members and or separately, the principles of disposing of patient waste, the duration of quarantine and issues related to after leaving quarantine, points related to the possibility of re-infection with COVID-19, the time of corona vaccine injection, signs and symptoms of worsening of the disease, respiratory physiotherapy and issues Psychology related to the quarantine period and topics related to fasting in the holy month of Ramadan in patients with COVID-19, usually by the physician.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Arman Medical Complex, Infectious Disease Specialist Office

Full name of responsible person

Morteza Pourahmad

Street address

Unit No.304, Second Floor, Arman Medical Complex, Alley No. 5, Tayeb Street, Isfahan, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Roya kleishady

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Esfahan 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

Esfahan University of Medical Sciences

Full name of responsible person

Ahmad Ghadam

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Professor

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Specialist

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

disinclination

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