Clinical Trial Protocol
Iranian Registry of Clinical Trials

13 Nov 2026

The effect of motion-based self-care education on quality of life and life expectancy of patients with COVID-19

Protocol summary

Study aim

Determining the effect of self-care training based on motion graphics on the quality of life and life expectancy of patients with COVID-19 in Isfahan city in 2022

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 PDF file.Data collection is done before and after the intervention.

Participants/Inclusion and exclusion criteria

Age between 20-65;Suffering from cancer diseases,history of 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 self-care training at home in the form of a PDF file.

Main outcome variables

Improving the quality of life and life expectancy of patients with COVID-19 in home quarantine.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150715023216N13**
Registration date: **2022-11-20, 1401/08/29**
Registration timing: **prospective**

Last update: **2022-11-20, 1401/08/29**
Update count: **0**

Registration date

2022-11-20, 1401/08/29

Registrant information

Name

Said Amini Rarani

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 31 3522 6158

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-11-22, 1401/09/01

Expected recruitment end date

2023-01-21, 1401/11/01

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 quality of life and life expectancy of patients with COVID-19

Public title

The effect of motion-based self-care education on quality of life and life expectancy 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. Control group patients should have mobile phones with the ability to run PDF. Control group patients should have enough literacy to read and use PDF. Intervention group patients should have good hearing. Patients should be in the age range of 20-65 years. No cancer diseases, no history of organ transplant surgeries and no use of drugs that weaken the immune system.

Exclusion criteria:

The people present in the study are not willing to continue cooperating with the research team at any stage of the research and for any reason. Worsening of the disease and requiring hospitalization. Failure to complete or incomplete completion of any of the quality of life and life expectancy questionnaires.

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

2022-11-02, 1401/08/11

Ethics committee reference number

IR.MUI.NUREMA.REC.1401.096

Health conditions studied

1

Description of health condition studied

COVID19

ICD-10 code

J98

ICD-10 code description

Other respiratory disorders

Primary outcomes

1

Description

The quality of life score from the standard quality of life questionnaire SF-36 in patients with COVID-19

Timepoint

The measurement of quality of life at the beginning of the study (before the intervention) and 14 days after receiving self-care training at home

Method of measurement

Standard questionnaire of quality of life SF-36

2

Description

Life expectancy score from Snyder's standard life expectancy questionnaire in patients with COVID-19

Timepoint

The measurement of Life expectancy at the beginning of the study (before the intervention) and 14 days after receiving self-care training at home

Method of measurement

Standard Snyder Life Expectancy Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 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 training in the areas of nutrition of patients during the recovery period, how to take drugs and drug and nutritional interactions, the 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 related psychological issues To the quarantine period and topics related to fasting in the holy month of Ramadan in patients with covid-19 in PDF format

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

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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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Person responsible for updating data

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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
Not applicable

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