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Can educational videos improve quality of life in Malaysian women with endometriosis?

Submission date
26/06/2026

Recruitment status
Recruiting

Registration date
02/07/2026

Overall study status
Ongoing

Last Edited
29/06/2026

Condition category
Urological and Genital Diseases

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol
Background and study aims
Endometriosis is a long-term condition where tissue similar to the lining of the womb grows outside the womb. It can cause pain and affect many aspects of daily life, including physical health, emotional wellbeing, and social activities. Education may help people manage their symptoms, but there is limited evidence on how well structured educational programmes work for women with endometriosis in Malaysia. This study aims to find out whether a short educational video that teaches coping strategies can improve quality of life more than a basic educational video about endometriosis.

Who can participate?
Women aged 18 to 49 years with a diagnosis of endometriosis can take part. Participants must be willing to provide informed consent. Women with significant psychiatric illness, cognitive impairment, or previous participation in structured endometriosis education programmes cannot take part.

What does the study involve?
Participants will first provide some background information about themselves and their health. They will then complete a questionnaire called the Endometriosis Health Profile-30 (EHP-30), which measures quality of life.

Participants will be randomly assigned to one of two groups.
1. One group will watch a short educational video about coping strategies for managing endometriosis, including pain management, lifestyle changes, exercise, diet, psychological coping, and self-management
2. The other group will watch a short educational video that provides general information about endometriosis, including its causes, symptoms, diagnosis, and treatment options

The videos last about 2 minutes and are provided online or through an electronic device. Participants will watch their assigned video once. Three months later, they will complete the EHP-30 questionnaire again so that researchers can compare any changes in quality of life. Participants will continue to receive their usual medical care throughout the study.

What are the possible benefits and risks of participating?
Participants may gain a better understanding of endometriosis and learn useful ways to manage their condition. This could help improve their quality of life.

The study is considered low risk. Possible disadvantages include the time needed to watch the video and complete the questionnaires. Some participants may also experience mild emotional discomfort when thinking about their symptoms or quality of life.

Where is the study run from?
The study is run by the Department of Obstetrics and Gynaecology, Faculty of Medicine, Universiti Malaya, Kuala Lumpur, Malaysia. Participants are being recruited in Malaysia.

When is the study starting and how long is it expected to run for?
June 2026 to June 2027.

Who is funding the study?
Department of Obstetric and Gynaecology, Universiti Malaya.

Who is the main contact?
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Contact information

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Study information

Scientific Title
Impact of educational intervention on quality of life in women with endometriosis: a randomised controlled trial among Malaysian women

Acronym
EMPOWER

Study objectives

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 24/04/2026, Medical Research Ethics Committee, University Malaya Medical Centre (Lembah Pantai, Kuala Lumpur, 59100, Malaysia; +60 3-79493209/2251; ummc-mrec@ummc.edu.my), ref: 2026115-16173

Primary study design
Interventional

Allocation
Randomized controlled trial

Masking
Open (masking not used)

Control
Active

Assignment
Parallel

Purpose
Supportive care

Study type(s)

Health condition(s) or problem(s) studied
Endometriosis

Interventions
Participants who provide written informed consent and meet the eligibility criteria will complete baseline demographic and clinical data collection, followed by the Endometriosis Health Profile-30 (EHP-30) questionnaire to assess their quality of life. Participants will then be randomly allocated in a 1:1 ratio, using a computer-generated randomisation sequence with concealed

allocation, to one of two study groups. The intervention group will receive a validated coping strategies educational video covering pain management, lifestyle modification, exercise, diet, psychological coping, and self-management of endometriosis. The active control group will receive a validated basic educational video providing information on the definition, causes, symptoms, diagnosis, and treatment options for endometriosis. Both educational videos will be delivered once via an online platform or electronic device that lasts about 2 minutes. Participants will be asked to watch their allocated video in its entirety. No additional educational intervention will be provided during the study period. Three months after the intervention, participants will complete the EHP-30 questionnaire again to assess changes in quality of life. The primary outcome will be the change in the total EHP-30 score from baseline to three months, while secondary outcomes will include changes in the individual EHP-30 domain scores. All participants will continue to receive their routine clinical care throughout the study, and no aspect of their usual medical management will be altered by participation in the trial.

Intervention Type
Behavioural

Primary outcome(s)
1. Quality of life measured using Endometriosis Health Profile-30 (EHP-30) total score at Baseline before the educational video and 3 months after the intervention

Key secondary outcome(s)

Completion date
26/06/2027

Eligibility

Key inclusion criteria
1. Women aged 18-49 years old
2. Diagnosed with endometriosis (clinical, imaging, surgical diagnosis)
3. Willing to provide informed consent

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
49 Years

Sex
Female

Total final enrolment
0

Key exclusion criteria
1. Significant psychiatric illness or cognitive impairment
2. Previous participation in structured endometriosis educational programmes

Date of first enrolment
26/06/2026

Date of final enrolment
26/05/2027

Locations

Countries of recruitment
Malaysia

Study participating centre
University Malaya Medical Centre
Malaysia

Sponsor information

Organisation
University Malaya Medical Centre

ROR
https://ror.org/00vkrxq08

Funder(s)

Funder type

Funder Name
Department of Obstetric and Gynaecology Universiti Malaya

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available