

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Evaluating the effect of blended educational intervention on blood pressure among type 2 diabetic patients with hypertension referred to health care setting of south of Tehran in 2013-2014: Application of BAZNEF Model

Protocol summary

Summary

This study is a semi experimental intervention with control group. Study populations are type 2 diabetic patients with hypertension referred to health centers of South of Tehran. The instrument of this study comprises the questionnaire designed based on BAZNEF Model including demographic information and BAZNEF Model constructs and clinical characteristics of type2 diabetes patients with hypertension. In this study, blended educational intervention will be conducted after pretest, anthropometric variables and blood pressure for intervention group. After six months, the questionnaire and clinical examination recompleted. After tests, SPSS software version 11.5 will be used in order to statistical analysis.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013062312460N2**

Registration date: **2013-06-29, 1392/04/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-06-29, 1392/04/08

Registrant information

Name

Roya Sadedgi

Name of organization / entity

Tehran University of Medical Sciences

Country

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Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Educational and Research vice chancellor of Tehran University of Medical Sciences

Expected recruitment start date

2013-06-22, 1392/04/01

Expected recruitment end date

2014-07-23, 1393/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the effect of blended educational intervention on blood pressure among type 2 diabetic patients with hypertension referred to health care setting of south of Tehran in 2013-2014: Application of BAZNEF Model

Public title

Evaluating the effect of blended educational intervention on blood pressure among type 2 diabetic patients with hypertension referred to health care setting of south of Tehran in 2013-2014: Application of BAZNEF Model

Purpose

Other

Inclusion/Exclusion criteria

Confirming of type 2 diabetes and hypertension for at least one year (By specialist physician) , confirming

blood pressure at least 130/80 mmHg and consented to participate in the study .

Age

From **30 years** old to **90 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **200**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

School of Public Health, Tehran University of Medical Sciences

Street address

Poursina Ave.

City

Tehran

Postal code**Approval date**

2013-06-22, 1392/04/01

Ethics committee reference number

22745

Health conditions studied**1****Description of health condition studied**

Type 2 diabetes

ICD-10 code

I10-15

ICD-10 code description

Type 2 diabetes

2**Description of health condition studied**

Hypertension

ICD-10 code

E10-14

ICD-10 code description

Hypertension

Primary outcomes**1****Description**

Hypertension

Timepoint

Baseline and six months later

Method of measurement

Stigno monometer

2**Description**

BAZNEF Model constructs

Timepoint

Baseline and six months later

Method of measurement

Questionnair

Secondary outcomes**1****Description**

Hypertension

Timepoint

Baseline and six months later

Method of measurement

Stigno monometer

2**Description**

BAZNEF Model constructs

Timepoint

Baseline and six months later

Method of measurement

Questionnaire

3**Description**

Knowledge

Timepoint

Baseline and six months later

Method of measurement

Questionnaire

Intervention groups**1****Description**

Intervention program will be conducted during one month including six educational sessions based on blended educational intervention program (Lecture, Group discussion, Question & Answer, Role playing,

Educational film). The length of each session is about 55-60 minutes. In these sessions try to discuss about type 2 diabetes and hypertension, consequences of hypertension with on type 2 diabetic patients and types of cardiovascular complications, blood pressure control methods and healthy diet. Family of patients will be participated in one of the educational sessions.

Category

Prevention

2**Description**

In control group, education will be conducted based on routine plan of health centers.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

South of Tehran Health centers

Full name of responsible person**Street address****City**

Tehran

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Education vice chancellor of Tehran University of Medical Sciences

Full name of responsible person

Dr. Mohamad Jalili

Street address

Main Building of Tehran University of Medical sciences

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Education vice chancellor of Tehran University of Medical Sciences

Proportion provided by this source**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

2**Sponsor****Name of organization / entity**

Research vice chancellor of Tehran University of Medical Sciences

Full name of responsible person

Dr. Akbar Fotohi

Street address

Main building of Tehran University of Medical Sciences

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Research vice chancellor of Tehran University of Medical Sciences

Proportion provided by this source**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**

Tehran University of Medical Sciences

Full name of responsible person

Dr. Roya Sadeghi

Position

Academic staff

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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