Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluating the effect of blended eductional 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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+98 912 327 5692

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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 eductional 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 eductional 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 Biulding 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 buildingof 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

Other areas of specialty/work

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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