Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of training based on the self-management empowerment model on quality of life in old age with hypertension

Protocol summary

Summary

The main objective of this study was to assess the impact of empowerment model on quality of life in elderly patients with hypertension. The main inclusion criteria is 60 years or older and suffering from high blood pressure. in the cases that the patients have not willing to continue the study. the elderly ago 60 years and older with confirmed high blood pressure will be selected by convenience sampling. After filling out the questionnaire, the intervention group will received an educational intervention based on an empowering model in one session. the an educational booklet will give to the participants .The control group received routine care. Within a month and a half, researchers followed up the application of the intervention with a phone call. After passing the follow up period, the post test will be done and then the findings well be analyzed. Expected outcomes of this study will be the found changes in order to improve the quality of life and increase the ability of seniors.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014010413092N2**
Registration date: **2014-05-10, 1393/02/20**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-05-10, 1393/02/20

Registrant information

Name

Maryam Ravanipour

Name of organization / entity

Bushehr University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 77 1455 0187

Email address

ravanipour@bpums.ac.ir

Recruitment status

Recruitment complete

Funding source

Boushehr University of Medical Sciences

Expected recruitment start date

2013-07-21, 1392/04/30

Expected recruitment end date

2013-10-22, 1392/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of training based on the self-management empowerment model on quality of life in old age with hypertension

Public title

The effect of training based on the self-management empowerment model on quality of life in old age with hypertension

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age 60 years and more; confirmed hypertention by manifestation (systolic blood pressure above 140 mmHg and diastolic blood pressure above 90 mmHg) and detected by physician and also use of antihypertensive medications willingness of patients to participate in research; not having any psychological

disorders; the ability to cooperate in completing the questionnaire or questionnaires; willingness to participate in the empowerment program; persian language; availability and Having the ability to follow up the program. Exclusion criteria: patient 's unwillingness to continue educational classes.

Age
From **60 years** old to **90 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Bushehr University of Medical Sciences

Street address
Bushehr University of Medical Sciences

City
Bushehr

Postal code
7514633341

Approval date
2013-05-20, 1392/02/30

Ethics committee reference number
B-92-15-12

Health conditions studied

1

Description of health condition studied
Hypertention

ICD-10 code
I10

ICD-10 code description
Essential (primary) hypertension

Primary outcomes

1

Description
EMPOWERMENT

Timepoint
Before the intervention, 1/5 months after intervention

Method of measurement
Empowerment and self-management questionnaire

2

Description
Quality of Life

Timepoint
Before the intervention, 1.5months after intervention

Method of measurement
Standard questionnaires sf 36

Secondary outcomes

empty

Intervention groups

1

Description
in the intervention group, the intervention is based on self management empowering model wich will be perform in at least one session with expected time about 30 to 45 minutes . An educational booklet will use as an supplement for education intervention.

Category
Other

2

Description
Control group: Routine care in the control group were performed.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Haft tier Health Center

Full name of responsible person
Ms sarkhosh

Street address
Bushehr, Sangi Street

City
Bushehr

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Bushehr University of Medical Sciences
Full name of responsible person
Afshin Ostovar Dr
Street address
pardis Sites of Bushehr University of Medical Sciences ,Reshehr street, Bushehr
City
Bushehr
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Bushehr University of Medical Sciences
Proportion provided by this source
100
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
Bushehr University of Medical Sciences
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Khezri Roghayeh
Position
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Person responsible for updating data

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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