

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

21 Jun 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 age 60 years and older with confirmed high blood pressure will be selected by convenience sampling. After filling out the questionnaire, the intervention group will receive an educational intervention based on an empowering model in one session. The educational booklet will be given 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 will 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

Bushehr 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 hypertension 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

**Full name of responsible person**

Khezri Roghayeh

**Position**

Student

**Other areas of specialty/work****Street address**

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of Medical Sciences, Reshehr Street, Bushehr

**City**

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**Postal code**

7515756998

**Phone**

+98 77 1455 0187

**Fax****Email**

fatimakhezri@yahoo.com

**Web page address**

### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Bushehr University of Medical Sciences

**Full name of responsible person**

Ravanipour Maryam

**Position**

Academic staff, Associate Professor

**Other areas of specialty/work****Street address**

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of Medical Sciences, Reshehr Street, Bushehr

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### Person responsible for updating data

**Contact****Name of organization / entity**

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**Full name of responsible person**

Khezri Roghayeh

**Position**

Nursing graduate student

**Other areas of specialty/work****Street address**

School of Nursing and Midwifery, Bushehr University  
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**City**

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**Web page address**

### 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*