

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

Evaluation Of Effectiveness Of Short Text Message Reminders On Medication Adherence In Patients With Chronic Hypertention

Protocol summary

Summary

Improper use of antihypertensive drugs appears to be the major cause of treatment failure in blood pressure control. The purpose of this study is to evaluate the effect of short message reminder on medication adherence of patients with chronic hypertension. The population of this randomized clinical trial study includes patients with hypertension referred to Dr. Azeemzadeh Heart Clinic, Kerman, Iran for the treatment. Inclusion criteria are patients with at least 8 months history of hypertension (systolic pressure > 180mm/Hg and diastolic pressure > 110mmHg) and to possess a personal mobile phone. Exclusion criteria are taking other medications except antihypertensive drugs such as anti-diabetes drugs, use of complementary therapies such as herbal drugs, smoking and coronary disease or any other condition that is associated with high risk of stroke. Consent form is completed by patients and their mobile phone number is recorded. A total of 380 patients are randomly divided into the 2 groups. A daily message reminder will be sent to the intervention group to follow the medication adherence for a period of 6 months. The control group receives no message. In both groups, blood pressure is measured before the intervention and then monthly for 6 months. At the end of the study, changes in blood pressure in both groups are studied and analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013051313315N1**
Registration date: **2013-12-26, 1392/10/05**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-12-26, 1392/10/05

Registrant information

Name

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Name of organization / entity

School Of Health Management And Information Sciences

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Of Tehran University of Medical Sciences

Expected recruitment start date

2013-12-23, 1392/10/02

Expected recruitment end date

2014-04-22, 1393/02/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation Of Effectiveness Of Short Text Message Reminders On Medication Adherence In Patients With Chronic Hypertention

Public title

Effectiveness Of Short Text Message Reminders On Medication Adherence In Patients With Chronic Hypertention

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age between 18 and 65 years; possessing at least one personal mobile phone; being literate; ability to send and receive messages with mobile phones; receiving only oral agents. Exclusion criteria: suffering from other diseases that require taking other medications except antihypertensive drugs such as diabetes; use of complementary therapies such as herbal drugs; smoking and coronary disease or any other condition that is associated with a high risk of stroke.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **380**

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

Ethics committee Of Tehran University Of Medical Science

Street address

Dameshegh St. Palestine Ave., Keshavarz Blvd.
Tehran- Iran

City

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Postal code

Approval date

2013-05-27, 1392/03/06

Ethics committee reference number

92/3/1301/5

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

Hypertention

Timepoint

start of study,1,2,3,4,5,6 months after intervention.

Method of measurement

mmHg by using arm digital blood pressure device

Secondary outcomes

1

Description

Hospitality

Timepoint

At end of study

Method of measurement

Patien interview

Intervention groups

1

Description

Patients in the intervention group will be receive daily SMS messages for Recalling the time of drug use for six monthes .

Category

Other

2

Description

Patients in the control group will be not receive any SMS messages and they will follow their usual care .

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr.Azeemzadeh Heart Clinic

Full name of responsible person

Dr.Behzad Azeemzadeh

Street address

City

Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research Of Tehran University of Medical Sciences

Full name of responsible person

Dr. Akbar Fotouhi

Street address

Tehran University of Medical Science , Qods St.,Enghelab St.

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research Of Tehran 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

Tehran University of Medical Science/Iran

Full name of responsible person

Roghayeh Ershad Sarabi

Position

phD student

Other areas of specialty/work

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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