Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 2026

The Effect of Education Based On Health Belief Model in Self-Care Behaviors among Hypertensive Patients .

Protocol summary

Summary

The objective of this quasi experimental study is determination the effect of educational program based on Health Belief Model on self-care behaviors among hypertensive patients. Design: A randomized intervention and control groups. Setting: Patients with hypertension. Inclusion criteria: (a) Having medical records in health house; (b) Having higher blood pressure than normal in the last three months; (c) Not having diabetes; (d) Having consent. Exclusion criteria: (a) Stroke diagnosis during the study; (b) Not regular attendance in educational sessions. Sample Size: 90 persons (each group 45). Intervention: After the pre-test in both groups of patients, participating patients in the intervention group will be invited to participate in three educational sessions (during three weeks). Educational program will be hold based on health belief model, group discussions and educational video. Two months after end of the program, from each group will be taken post-test and the results will be compared. Measured variables include: (a) blood pressure; (b) self-care behavior; (c) knowledge; (d) health belief model structures. Main outcome: Decreasing blood pressure and improve self-care behaviors.

General information

Acronym

Health Belief Model (HBM)

IRCT registration information

IRCT registration number: **IRCT2013070713891N1**
Registration date: **2013-07-28, 1392/05/06**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2013-07-28, 1392/05/06

Registrant information

Name

Saeed Dashti

Name of organization / entity

Faculty of Health, Hamedan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor of Research the Technology, Hamadan University of Medical Sciences

Expected recruitment start date

2013-09-09, 1392/06/18

Expected recruitment end date

2014-02-20, 1392/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Education Based On Health Belief Model in Self-Care Behaviors among Hypertensive Patients .

Public title

Effect of educational program on blood pressure self-care behaviors

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: (a) Having medical records in health house; (b) Having higher blood pressure than normal in

the last three months; (c) Not having diabetes; (d) Having consent. Exclusion criteria: (a) Stroke diagnosis during the study; (b) Not regular attendance in educational sessions.

Age
From **31 years** old to **80 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

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
Local human subject review board

Street address
Vice-chancellor of Research the Technology, Hamadan University of Medical Sciences, Shahid Fahmideh Ave, Hamadan.

City
Hamadan

Postal code
65178

Approval date
2013-07-03, 1392/04/12

Ethics committee reference number
D/P/16/35/9/1035

Health conditions studied

1

Description of health condition studied
Hypertension

ICD-10 code
I10

ICD-10 code description
Essential (primary) hypertension

2

Description of health condition studied
hypertension

ICD-10 code
I15

ICD-10 code description
Secondary hypertension

Primary outcomes

1

Description
Blood pressure

Timepoint
Before intervention and 8 weeks after intervention

Method of measurement
mmHg by using The mercury barometer

2

Description
Self-Care Behaviors

Timepoint
Before intervention and 8 weeks after intervention

Method of measurement
Questionnaire

Secondary outcomes

1

Description
Knowledge

Timepoint
Before intervention and 8 weeks after intervention

Method of measurement
Questionnaire

2

Description
Perceived susceptibility

Timepoint
Before intervention and 8 weeks after intervention

Method of measurement
Questionnaire

3

Description
Perceived severity

Timepoint
Before intervention and 8 weeks after intervention

Method of measurement
Questionnaire

4

Description
Perceived benefits

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

Questionnaire

5

Description

Perceived barriers

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

questionnaire

6

Description

Self efficacy

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

questionnaire

7

Description

Cues to action

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

questionnaire

Intervention groups

1

Description

After the pre-test in both groups of Patients, participating Patients in the intervention group will be invited to participate in three educational sessions (during three weeks). Educational program will be hold based on health belief model, group discussions and educational video. Two months after end of the program, from each group will be taken post-test and the results will be compared.

Category

Lifestyle

2

Description

Control group: there is not any intervention in the control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sheverin Health Center.

Full name of responsible person

Saeed Dashti

Street address

Sheverin Health Center, Sheverin Village, After Madani Town, Hamadan.

City

Hamadan

2

Recruitment center

Name of recruitment center

Gracheqa Health Center

Full name of responsible person

Saeed dashti

Street address

Gracheqa Health Center, Gracheqa Village, After Farhangyan Town, Hamadan.

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vic-chancellor of Research and Technology, Hamadan University of Medical Sciences

Full name of responsible person

Dr Ahmad Tavilani

Street address

Hamadan, Shahid Fahmideh Ave, Hamadan University of Medical Sciences Hamadan.

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vic-chancellor of Research and Technology, Hamadan 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

Hamadan university of medical science, school of public health

Full name of responsible person
Saeed Dashti
Position
Master student of Health education
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