

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 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)

Phone

+98 56 2829 3264

Email address

s.dashti@umsha.ac.ir

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

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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 Tavailani

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**Street address**

Shahid school of public health Hamadan, Hamadan
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Full name of responsible person

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Fax**Email****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