

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Sep 2026

The effect of education based on Health Belief Model in hypertension control behaviors among elderly

Protocol summary

Summary

This study with the goal of the effect of education based on Health Belief Model in hypertension control behaviors among elderly was accomplished. Inclusion criteria: The elderly who have hypertension; the elderly who are in the age range 60 to 65 years; Exclusion criteria: Not wanting to take part in education meeting; Occurrence of a specific disease in participants; The study population of elderly men and women in Qom who have hypertension. Sample size was equal to 100 elderly people that this study will be available in the Elderly which they were assigned into 2 groups Intervention and control randomly. Group1 (Intervention): Education is done through lectures and videos in two sessions that lecture content is based on the health belief model structures. Group2 (control): Just providing Traditional Education (pamphlet). The primary outcome: Do not use salty foods, Increase Physical Activity, Non-Smoking, foods that reduce blood pressure. The Secondary outcomes: Control of Hypertension

General information

Acronym

Control of Hypertension

IRCT registration information

IRCT registration number: **IRCT2013090314553N1**

Registration date: **2013-09-21, 1392/06/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-09-21, 1392/06/30

Registrant information

Name

Zohreh Fekrizadeh

Name of organization / entity

Arak University Of Medical Sciences

Country

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Phone

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2013-02-28, 1391/12/10

Expected recruitment end date

2013-04-25, 1392/02/05

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 hypertension control behaviors among elderly

Public title

The effect of education in hypertension control in among elderly

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: The elderly who have hypertension; the elderly who are in the age range 60 to 65 years;

Exclusion criteria: Not wanting to take part in education meeting; Occurrence of a specific disease in participants;

Age

From **60 years** old to **65 years** old

Gender

Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

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

Arak University Of Medical Sciences

Street address

Sardashat, Basij SQ, Arak University Of Medical Sciences

City

Arak

Postal code

6941 -7- 384

Approval date

2012-12-10, 1391/09/20

Ethics committee reference number

Reference number 1 3-139-91

Health conditions studied

1

Description of health condition studied

hypertension

ICD-10 code

I11.9

ICD-10 code description

Hypertensive heart disease without (congestive) heart failure

Primary outcomes

1

Description

Do not use salty foods

Timepoint

Before intervention,Immediately and Three months after the intervention

Method of measurement

researcher made questionnaire

2

Description

Increase Physical Activity

Timepoint

Before intervention,Immediately and Three months after the intervention

Method of measurement

researcher made questionnaire

3

Description

foods that reduce blood pressure

Timepoint

Before intervention,Immediately and Three months after the intervention

Method of measurement

researcher made questionnaire

4

Description

Non-Smoking

Timepoint

Before intervention,Immediately and Three months after the intervention

Method of measurement

researcher made questionnaire

Secondary outcomes

1

Description

Control of Hypertension

Timepoint

Before intervention,Immediately and Three months after the intervention.

Method of measurement

researcher made Questionnaire

Intervention groups

1

Description

Group1 (Intervention): Education is done through lectures and videos in two sessions for 45 minutes that lecture content is based on the health belief model structures.

Category

Other

2

Description

Group2 (control): Just providing Traditional Education (pamphlet).

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak University Of Medical Sciences

Full name of responsible person

Dr Davood Hekmatpou

Street address

Basij SQ, Sardasht, Arak University Of Medical Sciences

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University Of Medical Sciences

Full name of responsible person

Dr Davood Hekmatpou

Street address

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Arak 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

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Full name of responsible person

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Position

msc

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