Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 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

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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
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Sponsors / Funding sources

1

Sponsor

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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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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