

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

01 Jul 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

Iran (Islamic Republic of)

##### Phone

+98 25 3775 0737

##### Email address

z.fekrizadeh@arakmu.ac.ir

##### 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**

Basij SQ, Sardasht, Arak University Of Medical Sciences

**City**

Arak

**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**

Arak University Of Medical Sciences

**Full name of responsible person**

Zohreh Fekrizadeh

**Position**

msc

**Other areas of specialty/work**

**Street address**

Building No. 2, Golestan koy, Mustafa Khomeini, Faculty of Health

**City**

Arak

**Postal code**

**Phone**

+98 25 3775 0737

**Fax**

**Email**

z.fekrizadeh@arakmu.ac.ir

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Arak University Of Medical Sciences

**Full name of responsible person**

Dr Mahboobeh KHorsandi

**Position**

PHD

**Other areas of specialty/work**

**Street address**

Building No. 2, Golestan koy, Mustafa Khomeini, Faculty of Health

**City**

Arak

**Postal code**

**Phone**

+98 86 3368 4615

**Fax**

**Email**

khorsandi.mahboobeh@arakmu.ac.ir

**Web page address**

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Arak University Of Medical Sciences

**Full name of responsible person**

Zohreh Fekrizadeh

**Position**

msc

**Other areas of specialty/work**

**Street address**

Building No. 2, Golestan koy, Mustafa Khomeini, Faculty of Health

**City**

Arak

**Postal code**

**Phone**

+98 37750737

**Fax**

**Email**

z.fekrizadeh@arakmu.ac.ir

**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*