

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

Assessment the effects of educational interventions by healthy workers at reducing salt intake on blood pressure and urinary sodium remaining hypertensive patients using the health belief model

Protocol summary

Summary

This study is a randomized controlled research training trial (Randomized Educational Ttrilcluster) is an educational program designed to determine the effect of reducing the amount of salt per day on hypertensive patients sarvestan city and urine sodium content will be retained. In this study, the effects of intervention (education program to reduce salt) on the dependent variable (the amount of residual urine sodium and blood pressure) will be evaluated. The intervention in this study are the type of training, education and the relationship between salt and blood pressure. The training of health workers at first it was a two-day workshop on the relation of blood pressure, salt and hypertension trained, then they will be asked to pass this training into hypertensive patients. This is sometimes due to work and willing participants can take more time on. The first meeting on the sidelines of the issue of the session is designed to give a line of thought will be asked questions. The training sessions of group discussion techniques, training, brainstorming, speech and the media, such as video projectors and interactive training videos and PowerPoint will be used. Training has been transferred to patients by health workers and eight weeks after intervention based on health belief model structures the level of blood pressure and urine will be measured residual sodium.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015051215015N11**
Registration date: **2015-10-23, 1394/08/01**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-10-23, 1394/08/01

Registrant information

Name

Leila Ghahremani

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 71 1725 1001

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-03-30, 1394/01/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment the effects of educational interventions by healthy workers at reducing salt intake on blood pressure and urinary sodium remaining hypertensive patients using the health belief model

Public title

Effect of reducing the amount of salt and sodium salt

residual urine

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: patients with hypertension, over 30 years, living in the city sarvestan, regardless of the level of education, drug consumption, live in villages and are willing to participate in this study. Exclusion criteria: the unwillingness during the project, refusing to participate in more than two sessions, immigration

Age
From **30 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **200**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Shiraz University of Medical Sciences

Street address
Zand St, Central building of Shiraz University of Medical Sciences-Shiraz-Iran

City
shiraz

Postal code

Approval date
2014-11-22, 1393/09/01

Ethics committee reference number
7371

Health conditions studied

1

Description of health condition studied
hypertension

ICD-10 code
I10-I15

ICD-10 code description
Hypertensive diseases

Primary outcomes

1

Description
The remaining sodium urine

Timepoint
8 weeks

Method of measurement
The remaining sodium urine test

2

Description
Blood pressure

Timepoint
8 weeks

Method of measurement
Mercury sphygmomanometer devices

Secondary outcomes

empty

Intervention groups

1

Description
In the intervention group a training program on salt intake and its relation to blood pressure will be held in four sessions. .

Category
Behavior

2

Description
The group held a training program for cancer patients.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Home Health of Health center city sarvestan

Full name of responsible person
kaveh ghodraty

Street address
Health Education Department, School of Health, Shiraz University of Medical Sciences

City
shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

dr poost forosh

Street address

Zand St, Central building of Shiraz University of Medical Sciences

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

kaveh ghodraty

Position

MSc student of Health Education

Other areas of specialty/work

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Person responsible for updating data

Contact

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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