# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

17 Sep 2026

## Effect of Tele-nursing-based empowerment program on self-efficacy in the elderly with hypertension

## Protocol summary

**Summary**

This study was conducted with the aim to investigate the effect of Tele-nursing-based empowerment program on self-efficacy in the elderly with hypertension. Study inclusion criteria are being aged between 65 and 80 years; having no dementia or cognitive impairment; no hearing or speech problems or mental disorders; not suffering from hypothyroidism or diabetes and exclusion criteria are death; hospitalization in the course of study. The study population consists of 84 elderly with hypertension attending Saiad Shirazi Hospital in Golestan province, Iran. Educational intervention contains speech, group discussion, and questions and answers (educational workshop) for both groups. Educational content of the booklet is validated by professors of Nursing and Midwifery School-Tehran University of Medical Sciences. Telephone intervention is carried out in the trial group for 12 weeks. Participants will be verbally encouraged and advised to comply with healthy behaviors through telephone calls and all the conversation will be recorded on a form. Control group does not undergo any Tele-nursing intervention. After 12 weeks of empowerment intervention, self-efficacy questionnaire is once again completed by both groups (post-test).

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2014031516997N1**
Registration date: **2014-05-17, 1393/02/27**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2014-05-17, 1393/02/27

**Registrant information**

**Name**
Yosof Behzad
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Tehran University of Medical Sciences
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Iran (Islamic Republic of)
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**Recruitment status**

**Recruitment complete**

**Funding source**
Tehran University of Medical Sciences

**Expected recruitment start date**

2014-05-06, 1393/02/16

**Expected recruitment end date**

2014-05-22, 1393/03/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Effect of Tele-nursing-based empowerment program on self-efficacy in the elderly with hypertension

**Public title**

The effect of an education program with telephone follow-up on the health behaviors of elderly patients with hypertension

**Purpose**

Other

**Inclusion/Exclusion criteria**

Inclusion criteria: aged between 65 and 80 years; living in Golestan province; access to telephone at home; having no dementia or cognitive impairments; no hearing

or speech problems or mental disorders; no hypothyroidism or diabetes Exclusion criteria: death; unwillingness to continue participation; discontinued telephone contact for 2 weeks in the first month of intervention; or 3 weeks in the 2nd and 3rd.

**Age**

From **65 years** old to **80 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **84**

**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**

Tehran University of Medical Sciences

**Street address**

Tehran University of Medical Sciences, Tehran, Iran

**City**

Tehran

**Postal code**

88989664

**Approval date**

2014-04-16, 1393/01/27

**Ethics committee reference number**

106/130/93/د

## Health conditions studied

### 1

**Description of health condition studied**

Hypertension

**ICD-10 code**

110

**ICD-10 code description**

High blood pressure

## Primary outcomes

### 1

**Description**

Self Efficacy

**Timepoint**

Before and after the intervention will be measured

**Method of measurement**

Efficacy Questionnaire in patients with hypertension with appropriate validation

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**

To implement empowerment program, an educational session will be provided in the form of speeches, group discussion and questions and answers (educational workshop) for both trial and control groups. The workshop will be a 2-hour session in a day for patients with hypertension. Prior to selection of subjects, patients will complete pretest questionnaire in presence of the researcher (before intervention). Then, educational subjects about nature of hypertension, complications and control methods, principles of medication therapy, medication side-effects, reinforcement of appropriate behavior in disease control and stress management, DASH diet, and appropriate exercise for hypertension are provided. It should be noted that educational subjects are presented over 50 minutes with 15 minutes rest in the middle, and educational booklets containing the subjects discussed will be issued to participants by the end of the session. Afterwards, telephone intervention will be conducted for the trial group over 12 weeks. Twice weekly telephone contacts will be made to trial group members in the first month, and once a week in the 2nd and 3rd months. Timing of calls is agreed between the researcher and the elderly, any time between 8 am and 2 pm, and each telephone conversation will last 15 minutes on average. Study subjects can call the researcher between 8 am and 2 pm if necessary. In the first part, telephone conversations will focus on verbal encouragement for health behaviors in the elderly regarding educational workshop subjects, and the second part will be based on particular requirements of each elderly in relation to hypertension self-care, and while health behaviors are encouraged, necessary advice is also provided. Content of every conversation is recorded on a form.

**Category**

Other

### 2

**Description**

In the course of study, control group does not receive

any kind of tele-nursing intervention (except receiving empowerment programs in educational workshops and routine medicinal treatment).

**Category**

Other

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

Sayad Shirazi Hospital

**Full name of responsible person**

Yosof Behzad

**Street address**

Sayad Shirazi Hospital, Golestan, Iran

**City**

Gorgan

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Dr. Masud Unesian

**Street address**

Tehran University of Medical Sciences, Tehran, Iran

**City**

Tehran

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Tehran 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**

School of Nursing and Midwifery, Tehran

**Full name of responsible person**

Yosof Behzad

**Position**

Nursing Graduate Student

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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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*