

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 May 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

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Name of organization / entity

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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

106/130/93/3

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

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Tehran University of Medical Sciences, Tehran, Iran

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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

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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