

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

Effectiveness of teaching methods Meaningful Learning Cognitive-based integrated construction and quality of life in patients with hypertension who were referred to health centers - Care Ghonabad in 1392

Protocol summary

Summary

This study is an intervention study with pre-test, post-test control group. The aim of Integrated approach based Learning training impact significantly on the construction of cognition and quality of life in patients with hypertension who were referred to health centers - Care is Ghonabad in 1392. The study population of patients with hypertension who were referred to health centers - are Ghonabad treatment. Inclusion criteria for at least three years, the risk of developing high blood pressure, high blood pressure and lack of obvious disease on quality of life; And that no person with health personnel. Determining sample size for this study was obtained in 60 cases. Purposive sampling and selection based on 4-fold permutation blocks were allocated to intervention and control groups. A) pre-intervention: Demographic Information Questionnaire, Quality of Life Questionnaire and Beck's cognitive construction of subjects. B) the intervention: educational plan based on the needs of patients in the test group during four one-hour sessions according to the model runs. And group training in traditional style health care centers are staffed by health C) the final stage Assessed immediately at the end of the last session is structured cognitive assessment of patients after 4-week intervention. Making Cognitive and quality of life in the experimental group and control group is determined and compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014042517421N1**
Registration date: **2014-08-16, 1393/05/25**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-08-16, 1393/05/25

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Sciences

Expected recruitment start date

2014-01-17, 1392/10/27

Expected recruitment end date

2014-04-04, 1393/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of teaching methods Meaningful Learning Cognitive-based integrated construction and quality of life in patients with hypertension who were referred to health centers - Care Ghonabad in 1392

Public title

Effectiveness of teaching methodS Meaningful Learning

Cognitive-based integrated construction and quality of life in patients with hypertension

Purpose

Supportive

Inclusion/Exclusion criteria

Entry criteria: Patients aged 35-65 years with at least primary education; systolic blood pressure equal to or more than 140 mm Hg and diastolic of 90 mm Hg; At least 3 years experience of developing high blood pressure; Lack of clear disease affecting quality of life (diabetes, kidney disease, cancer, mental illness, etc.); patients with hypertension; The medical staff - they do not care. Finally, informed consent to participate in the study have. Exclusion criteria: Exclusion criteria: Acute psychotic disorders; Serious medical illness and limiting factors that may reduce quality of life and mental health be in the study of follow-up of the patients may not; Patient withdrew from further participation in the study.

Age

From **35 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Gonabad University of Medical Sciences and Health Services

Street address

Gonabad, Asian Road Border

City

Gonabad

Postal code

9691793718

Approval date

2014-01-01, 1392/10/11

Ethics committee reference number

GMU.REC.1392.22

Health conditions studied

1

Description of health condition studied

Hypertension

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

Cognitive structure

Timepoint

Before intervention, Immediately after the intervention and one month after intervention

Method of measurement

questionnaire

2

Description

Quality of Life

Timepoint

Before intervention-after intervention

Method of measurement

Quality of Life Questionnaire SF36

Secondary outcomes

empty

Intervention groups

1

Description

Group training in traditional style health care centers are staffed by health

Category

Lifestyle

2

Description

Educational programs are developed based on the needs of patients. During test sessions lifestyle group 4 based Learning integrated approach delivers significant by the investigator. At the end of the last session, patients will be assessed immediately after 4-week structured cognitive intervention cognitive construction and quality of life in the experimental group Shahdtyyn groups and the results are compared with each other.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers - Care Gonabad

Full name of responsible person

Sima Sabbagh

Street address

Gonabad, Ghadir agreement, Health centers martyr
Fayaz Bakhsh

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Dr Alireza Mohammadzadeh

Street address

Gonabad, Asian Road Border

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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

Gonabad 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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Position

Nursing Graduate Student

Other areas of specialty/work

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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