

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The Effects of an educational intervention according the Health Belife Model on improving Care and Control among patients with Hypertension

Protocol summary

Summary

Objectives: The Effects of an educational intervention according the Health Belife Model on improving Care and Control among patients with Hypertension. Design: Randomized clinical trial. Participants including major eligibility criteria: Two hundred hypertensive patients (100 in intervention group and 100 in control group). The main criteria for inclusion: having primary hypertension without side effects of blood pressure, and intending to reside in the city of Bam during the next 5 months; Exclusion criteria: unwillingness to participate in the study. Sample size: 200 Intervention or interventions studied: Three 60-minute training sessions (once a month) as lecture, question and answer sessions, and practical demonstrations. Intervention: Before and 3 months after. intervention. main outcome measures (variables): Review the attitude and blood pressure.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014051817734N1**

Registration date: **2014-07-13, 1393/04/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-07-13, 1393/04/22

Registrant information

Name

Reza Sadeghi

Name of organization / entity

Sirjan Health Department , Kerman University of Medical Sciences.

Country

Iran (Islamic Republic of)

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Email address

reza.sadeghi351@yahoo.com

Recruitment status

Recruitment complete

Funding source

Research Council of Kerman University of Medical Sciences

Expected recruitment start date

2013-05-10, 1392/02/20

Expected recruitment end date

2013-08-11, 1392/05/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of an educational intervention according the Health Belife Model on improving Care and Control among patients with Hypertension

Public title

Impact of educational intervention on control of blood pressure

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria included: having primary hypertension without side effects of blood pressure, and intending to reside in the city of Bam during the next 5 months; Exclusion criteria: unwillingness to participate in the study.

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 200

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

Ethics Committee of Kerman University of Medical Sciences

Street address

Unit 12, No 38, Jahad St, Shariatee Ave, after Thamasb abad Cross, Kerman

City

Kerman

Postal code

۷۶۱۷۵۵۸۴

Approval date

2013-11-07, 1392/08/16

Ethics committee reference number

92/227

Health conditions studied

1

Description of health condition studied

hypertension

ICD-10 code

I10, I11,

ICD-10 code description

Hypertensive diseases

Primary outcomes

1

Description

Attitude

Timepoint

Before the intervention, and 3 months after intervention

Method of measurement

Standardized questionnaire

2

Description

Hypertension

Timepoint

Before the intervention, and 3 months after intervention

Method of measurement

Sphygmomanometer (mm/Hg)

Secondary outcomes

1

Description

Age

Timepoint

Before the intervention, and 3 months after intervention

Method of measurement

Year

2

Description

Family history of hypertension

Timepoint

Before and 3 months after intervention.

Method of measurement

questionnaire

Intervention groups

1

Description

Intervention group: training during three 60-minute sessions (once a month) as lecture, question and answer, practical display.

Category

Prevention

2

Description

In the control group after completing the questionnaire at a later stage of the training group, the training group with the same quantity and quality offered

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Centers

Full name of responsible person

Technicians and workers

Street address

No 39, 5th St (Alley), Emam St, Bam

City

Bam

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for research, Kerman University of Medical Sciences

Full name of responsible person

Maryam Nikbakht

Street address

Unit 12, No 38, Jahad St, Shariatee Ave, after Thamasb abad Cross, Kerman

City

Kerman

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice chancellor for research, Kerman 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**

health

Full name of responsible person

Reza Sadeghi

Position

MSc

Other areas of specialty/work**Street address**

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

School of Public Health, Kerman University of Medical Sciences.

Full name of responsible person

Mohabbat Mohseni

Position

Doctor of Public Health

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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