Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation of the effect of educational multimedia based on Trans-theoretical Model on nutritional behavior for preventing hypertension among women over 30

Protocol summary

Summary

This study is done with the aim of evaluating the effects of educational multimedia based on Trans-theoretical Model on nutritional behavior for preventing hypertension among women over 30. Inclusion criterions are: Female; being above 30 years; Access to computer or CD player; Ability to use multimedia; and Exclusion criterions are: Not seeing the multimedia. The population includes 370 women over 30, and for model analysis 100 women are selected randomly from those who are in pre-contemplation, contemplation and action stage. After that they are divided into two groups of intervention and control with 50 women placed randomly in each. Group 1 (intervention) has an explanatory session after which a multimedia is given to each person with a booklet for recording their activities. Group 2(control) don't have any intervention. After 3 month intervention group and control group are evaluated and compared again. Then a multimedia is given to control group, too.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014082018872N1**
Registration date: **2014-10-22, 1393/07/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-10-22, 1393/07/30

Registrant information

Name

Azita Mohsennejad

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3367 8632

Email address

a.mohsennejad@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2014-08-06, 1393/05/15

Expected recruitment end date

2014-09-23, 1393/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of educational multimedia based on Trans-theoretical Model on nutritional behavior for preventing hypertension among women over 30

Public title

Effect of multimedia on nutritional behavior for preventing hypertension

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Female; Age more than 30 years; Access to computer or CD player; Ability to use multimedia Exclusion criteria: not watching the multimedia;

Age

From **30 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

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

Arak University of Medical Science

Street address

Health School, Gplestan, Area Mostapha Khomeini

City

Arak

Postal code

3818146851

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

92-156-13

Health conditions studied

1

Description of health condition studied

hypertension

ICD-10 code

115.8

ICD-10 code description

Other secondary hypertension

Primary outcomes

1

Description

fruit and vegetable serving

Timepoint

before intervention and three months after intervention

Method of measurement

questionnaire

2

Description

intake fish

Timepoint

before intervention and three months after intervention

Method of measurement

questionnaire

3

Description

intake salt

Timepoint

before intervention and three months after intervention

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

A multi media based on Trans-theoretical Model is given to the intervention group. This multimedia has four educational sessions which they have to see it, every session in a week. After three months, they will be evaluated by questionnaire again.

Category

Lifestyle

2

Description

Control group don’t have any intervention, but after three months they will be evaluateed with the same questionnaire. After study will be given to the control group of the same multimedia too.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak Health Center

Full name of responsible person

Dr mahboobeh khorsandi

Street address

School of Public Health, Golestan, Mostafa Khomeini Area

City

Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Arak University of Medical Science
Full name of responsible person
Ali Asghar Yaghoobi
Street address
Basidj SQ, Sardasht
City
Arak
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Arak University of Medical Science
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 School
Full name of responsible person
Mahboobeh Khorsandi
Position
Phd in Health Education
Other areas of specialty/work
Street address
School of Public Health, Golestan, Mostafa Khomeini Area
City
Arak
Postal code
3818146851
Phone
+98 86 3368 4615
Fax
Email
dr.khorsandi@arakmu.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Arak University of Medical Science
Full name of responsible person
Mahboobeh Khorsandi
Position
phd in Health Education
Other areas of specialty/work
Street address
School of Public Health, Golestan, Mostafa Khomeini Area
City
Arak
Postal code
3818146851
Phone
+98 86 3368 4615
Fax
Email
dr.khorsandi@arakmu.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Health School
Full name of responsible person
Azita Mohsennejad
Position
BSc of Health Education
Other areas of specialty/work
Street address
School of Public Health, Golestan, Mostafa Khomeini Area
City
arak
Postal code
3818146851
Phone
+98 86 3367 8632
Fax
Email
a.mohsennejad@arakmu.ac.ir
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