

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jul 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 evaluated 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