

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### Effect of educational intervention based on Health Belief Model on self-care behaviors of patients with hypertension referring to rural health - therapeutic center in Rasht

#### Protocol summary

##### Summary

The aim of this study was to determine the effect of educational intervention based on health belief model on self-care behaviors of patients with hypertension. This study was a randomized controlled trial performed on 96 patients suffering from hypertension. Multi-stage method was done, and the patients were randomly assigned to two experimental and control groups with equal numbers. Inclusion criteria were: age over 30 years; Residing in the village. Exclusion criteria Study: other diseases of the blood pressure. The educational program consisted of five sessions of 60-75 minutes for each group (four groups of twelve patients). and the primary outcome, was change in self-care behaviors of patients.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016101319235N3**

Registration date: **2017-09-24, 1396/07/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-09-24, 1396/07/02

##### Registrant information

##### Name

Parisa Kasmaei

##### Name of organization / entity

Guilan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 13 3336 2772

##### Email address

parisa\_kasmaei@gums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Guilan University of Medical Sciences

##### Expected recruitment start date

2015-09-23, 1394/07/01

##### Expected recruitment end date

2016-04-20, 1395/02/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of educational intervention based on Health Belief Model on self-care behaviors of patients with hypertension referring to rural health -therapeutic center in Rasht

##### Public title

The effect of education on self-care behaviors in patients with hypertension

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria : hypertension based on a track record in the health center; Age over 30 years old; residing in the village, exclusion criteria: The selected patients who are not able to understand and answer questions; Apart from blood diseases is; complication is stroke or heart attack; Secondary hypertension disease.

##### Age

No age limit

##### Gender

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 96

**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**

Guilan University of Medical Sciences

**Street address**

Rasht, Nurse Street ,Central Building of, Gilan  
University of Medical Sciences

**City**

Rasht

**Postal code**

4193893345

**Approval date**

2015-07-07, 1394/04/16

**Ethics committee reference number**

IR.GUMS.REC.1394.179

**Health conditions studied****1****Description of health condition studied**

Hypertensive disease

**ICD-10 code**

I10,I11,I1

**ICD-10 code description**

Primary hypertension, hypertensive heart disease,  
hypertensive renal disease, hypertensive heart and renal  
disease, secondary hypertension

**Primary outcomes****1****Description**

Selfcare behavior

**Timepoint**

Before and three months after intervention

**Method of measurement**

Questionnaire

**Secondary outcomes****1****Description**

Blood pressure

**Timepoint**

Before and three months after intervention

**Method of measurement**

Mercury monitor

**Intervention groups****1****Description**

Type of intervention in the case effect of education on  
self-care behaviors of patients with hypertension.  
Number of training sessions 5 sessions of 75-60 minutes  
in the test group was considered and the method of  
lecture, question and answer, slideshows and group  
discussions were used.

**Category**

Prevention

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Health centers in Rasht

**Full name of responsible person**

Dr Hojat Najafi

**Street address**

Rasht, Saadi Street, Rasht city health center

**City**

Rasht

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

Guilan University of Medical Sciences

**Full name of responsible person**

Dr Abtin Heidarzadeh

**Street address**

Rasht, Nurse Street, Central Building University of  
Medical Sciences

**City**

Rasht

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

**organization/entity?**

Yes

**Title of funding source**

Guilan 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**

Guilan University of Medical Sciences

**Full name of responsible person**

Pegah Yousefi Nasirmahalleh

**Position**

M.S.c Student in Health Education

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

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**Full name of responsible person**

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Guilan University of Medical Sciences

**Full name of responsible person**

Parisa Kasmaei

**Position**

Department of health building community health  
education

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