

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 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)

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+98 13 3336 2772

Email address

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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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