

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Jul 2026

### Effect of lifestyle education on the knowledge and performance of patients affected by hypertension

#### Protocol summary

##### Summary

Hypertension is a major risk factor for cardiovascular diseases; thus, effective education is required in order to enhance hypertensive patients' lifestyles. This study aimed to evaluate the effectiveness of lifestyle education on hypertensive patients' knowledge and performance. This quasi-experimental study was performed on 50 patients with essential hypertension who were selected by convenient sampling in Peymanieh Hospital in Jahrom City during 2011-2012. The data collection tool consisted of a researcher-made questionnaire and check list which were completed by the patients one month before and after the intervention. Intervention was conducted by written and oral educational programs. Findings were analyzed by SPSS 17.0 and paired t-test.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014101819566N1**

Registration date: **2014-11-08, 1393/08/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-11-08, 1393/08/17

##### Registrant information

###### Name

Mohsen Hojat

###### Name of organization / entity

Jahrom University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 715433054

##### Email address

hojat@jums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

jahrom university of medical sciences

##### Expected recruitment start date

2011-03-20, 1389/12/29

##### Expected recruitment end date

2012-03-19, 1390/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of lifestyle education on the knowledge and performance of patients affected by hypertension

##### Public title

Lifestyle education and performance of patients affected by hypertension

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

inclusion criteria: diagnosis of hypertension by a cardiologist; compley testimonial form; have time to participate in sessions; health in visual and lisenning function; up to 45 y/o; history of having more than 2 days hospitalization; no history of clasic education in this field; full orientation; BP more than140/90. Exclusion criteria: revers one of inclusion criteria; underlying disease; worsening the hypertension during study

##### Age

From **45 years** old to **70 years** old

##### Gender

Both

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 50

## Randomization (investigator's opinion)

N/A

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Single

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

jahrom university of medical sciences

##### Street address

jahrom university of medical sciences, jahrom

##### City

Jahrom

##### Postal code

#### Approval date

2010-09-23, 1389/07/01

#### Ethics committee reference number

1818

## Health conditions studied

### 1

#### Description of health condition studied

Hypertension

#### ICD-10 code

I10

#### ICD-10 code description

Hypertension

## Primary outcomes

### 1

#### Description

patient attitude

#### Timepoint

1 month before, 1 month after intervention

#### Method of measurement

Attitude and function questionnaire

### 2

#### Description

patient function

#### Timepoint

1 month before, 1 month after intervention

#### Method of measurement

Attitude and function questionnaire

## Secondary outcomes

### 1

#### Description

nutrition- stress-smoking-sport

#### Timepoint

1 month before, 1 month after intervention

#### Method of measurement

life style questionnaire

## Intervention groups

### 1

#### Description

life style education in small groups 6-8 persons.in 3 days.30-60 MIN every day

#### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Jahrom Pymanie hospital

##### Full name of responsible person

Mohsen Hojat

##### Street address

Pymanie hospital, vali asr aven., Jahrom, Fars

##### City

Jahrom

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

jahrom university of medical sciences

##### Full name of responsible person

Dr. Kavos Solhjo

##### Street address

jahrom university of medical sciences

##### City

Jahrom

#### Grant name

#### Grant code / Reference number

#### Is the source of funding the same sponsor organization/entity?

Yes

**Title of funding source**

jahrom 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**

jahrom university of medical sciences

**Full name of responsible person**

Mohsen Hojat

**Position**

Faculty member, PhD student of nursing

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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*