

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 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

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

jahrom university of medical sciences

City

Jahrom

Postal code**Phone**

+98 71 5426 0608

Fax**Email**

mohsenhojat@yahoo.com

Web page address**City**

Jahrom

Postal code**Phone**

+98 71 5426 0608

Fax

+98 71 5434 1508

Email

mohsenhojat@yahoo.vom

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

jahrom univercity medical sciences

Full name of responsible person

Mohsen Hojat

Position

PhD student of nursing

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

jahrom university of medical sciences, Jahrom

City

Jahrom

Postal code**Phone**

+98 71543415014

Fax

+98 71 5434 1508

Email

mohsenhojat@yahoo.com

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***Person responsible for scientific inquiries****Contact****Name of organization / entity**

jahrom university of medical sciences

Full name of responsible person

Mohsen Hojat

Position

Faculty member, PhD student

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

jahrom university of medical sciences