

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

Comparing the effect of education, based on theory of Trans theoretical model on promoting preventive stress management behavior of high blood pressure in 30-50 years old patients.

Protocol summary

Summary

This study aims at investigating the effect of education, based on theory of Trans theoretical model on promoting preventive stress management behavior of high blood pressure in 30-50 years old patients. The design of the study is controlled randomized trial. The sample of study is 100 Persons 30-50 years. who are selected based on simple random (lottery) sampling and are assigned to intervention group (n=50) and control group (n=50) randomly. The data are gathered via a researcher-made questionnaire whose validity and reliability are assured in advance. Inclusion criteria: Persons 30-50 years, their consent to participate in the study, no history of high blood pressure. Exclusion criteria: emigration, lack of satisfactory participation in the study and not watching multimedia. The educational intervention for the intervention group is through watching educational multimedia. The primary outcome is practices preventing stress management of high blood pressure.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014121120280N1**

Registration date: **2015-02-22, 1393/12/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-02-22, 1393/12/03

Registrant information

Name

Samaneh Jalali

Name of organization / entity

Department of Public Health, Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3368 4615

Email address

s.jalali@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences

Expected recruitment start date

2014-05-06, 1393/02/16

Expected recruitment end date

2014-07-07, 1393/04/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of education, based on theory of Trans theoretical model on promoting preventive stress management behavior of high blood pressure in 30-50 years old patients.

Public title

The effect of education on promoting stress management preventive behavior of high blood pressure.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Persons 30-50 years, their consent to

participate in the study, no history of high blood pressure. Exclusion criteria: emigration, lack of satisfactory participation in the study and not watching multimedia.

Age

No age limit

Gender

Both

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

Ethics Committee of Arak University of Medical Sciences

Street address

Department of Education and Research, Pardis Educational Complex, Basij Square, Sardasht, Arak

City

Arak,

Postal code

38481-7-6941

Approval date

2014-01-08, 1392/10/18

Ethics committee reference number

92-154-14

Health conditions studied

1

Description of health condition studied

High blood pressure

ICD-10 code

I10, I11,

ICD-10 code description

Hypertensive diseases

Primary outcomes

1

Description

practices preventing stress management of high blood pressure

Timepoint

immediately before intervention and three months after intervention

Method of measurement

a researcher-made questionnaire

Secondary outcomes

1

Description

Behavior stress management

Timepoint

three months after the intervention.

Method of measurement

a researcher-made questionnaire

Intervention groups

1

Description

Intervention Group: The educational intervention is Through multimedia learning.

Category

Prevention

2

Description

Control Group: The control group will receive their routine education.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Delijan Health Centers

Full name of responsible person

Dr. Roozbahani Nasrin

Street address

Department of Public Health, Golestan, Mustafa Khomeini, Arak

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Arak University of Medical Sciences

Full name of responsible person

Rafiee Mohammad

Street address

Vice chancellor for research, Arak University of Medical Sciences, Pardis Educational complex, Basij Square, Sardashat, Arak

City

Arak

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

Yes

Title of funding source

Vice chancellor for research, Arak 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**

Department of Public Health, Arak University of Medical Sciences

Full name of responsible person

Jalali Samaneh

Position

MSC University of Medical Sciences

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

Department of Public Health, Golestan, Mustafa Khomeini, Arak

City

Arak

Postal code**Phone**

+98 863684615

Fax**Email**

s_j1365@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Department of Public Health, Arak University of Medical Sciences

Full name of responsible person

Dr. Roozbahani nasrin

Position

PHD

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

Department of Public Health, Golestan, Mustafa Khomeini, Arak

City

Arak

Postal code**Phone**

+98 863684615

Fax**Email**

Roozbahani7281@gmail.com

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Department of Public Health, Arak University Of Medical Sciences

Full name of responsible person

Jalali Samaneh

Position

MSC

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

Department of Public Health, Golestan, Mustafa Khomeini, Arak

City

Arak

Postal code**Phone**

+98 86 3368 4615

Fax**Email**

s_j13652yahoo.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