

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Comparing the effect of educational based on theory of Trans theoretical model on promotion physical activity behaviors preventive of high blood pressure in persons 30-50 years

Protocol summary

Summary

This study aims at investigating the effect of educational based on theory of Trans theoretical model on promotion physical activity behaviors preventive of high blood pressure in persons 30-50 years. 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 in the study and not watching multimedia. The educational intervention for the intervention group is through see educational multimedia. The design of the study is trail Shahedar random pre-test post-test quasi-experimental design. 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 standard questionnaire whose validity and reliability are assured in advance. The primary outcome measure is prevention of high blood pressure.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015010520567N1**

Registration date: **2015-02-21, 1393/12/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-02-21, 1393/12/02

Registrant information

Name

Somaye Jalali

Name of organization / entity

Arak University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+86 34173529

Email address

jalali.s@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

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 educational based on theory of Trans theoretical model on promotion physical activity behaviors preventive of high blood pressure in persons 30-50 years

Public title

The effect of education on promotion physical activity behaviors preventive 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 in the study and not watching multimedia

Age

From **92 years** old to **94 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **240**

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

Arak University of Medical Sciences, Basij Sq, Sardasht, Arak

City

Arak

Postal code**Approval date**

2014-03-12, 1392/12/21

Ethics committee reference number

1041

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**

Physical activity behaviors to prevent high blood pressure

Timepoint

immediately before intervention and three months after

Method of measurement

Standard questionnaire

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

Physical activity

Timepoint

three months after the intervention

Method of measurement

Standard 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

Full name of responsible person

Roobahani Nasrin

Street address

Arak University of Medical Sciences, Basij Sq, Sardasht, Arak

City

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

Arak University of Medical Sciences

Full name of responsible person

Mohammad Rafeie

Street address

Arak University of Medical Sciences, Basij Sq,
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Grant name

Grant code / Reference number

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

Yes

Title of funding source

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

Arak University of Medical Sciences

Full name of responsible person

Jalali Somaye

Position

MSc student in Health Education

Other areas of specialty/work

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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