Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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
Roozbahani Nasrin
Street address
Arak University of Medical Sciences, Basij Sq, Sardasht, Arak
City
Arak

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, Sardasht, Arak

City

Arak

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

Street address

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

City

Arak

Postal code

6941738481

Phone

+98 86 4423 0713

Fax

Email

somayeh_jalali@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Roozbahani Nasrin

Position

Associate Professor

Other areas of specialty/work

Street address

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

City

Arak

Postal code

6941738481

Phone

+98 86 4324 2172

Fax

Email

Roozbahani7281@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Arak University of Medical Science

Full name of responsible person

Jalali Somaye

Position

MSc student in Health Education

Other areas of specialty/work

Street address

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

City

Arak

Postal code

6941738481

Phone

+98 86 4423 0713

Fax

Email

somayeh_jalali@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