Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Evaluating the effectiveness of an education lifestyle modification program on knowledge, attitude & practice in patients with hypertension was done angioplasty in who reffered to Isfahan Chamran Hospital 2014

Protocol summary

Summary

Background: Hypertension is an established risk factor for atherosclerosis, coronary artery diseases, the main risk factor for other many diseases, and causes more than 7 million deaths per year in the world. The aim of this study is determine the effectiveness of a life style modification program on Knowledge, attitude, practice on hypertensive patients with angioplasty. Methods: This study was a randomized clinical trial in Shahid Chamran hospital of Isfahan with 60 hypertensive patients who had angioplasty were randomly assigned to study (n = 30) and control (n = 30) groups. Data Collection was done performed in three stages. Intervention plan was 6 education sections that were in 3 weeks and phone call follow up was one a week during first month after the intervention in the experimental group. Data analyzed using descriptive and inferential test was performed by SPSS software version 20. Results: Before intervention, the mean score of Knowledge, attitude and practice had no significant difference between the two groups (p= 0/05), but immediately after the intervention and one month after the intervention the mean score of Knowledge, attitude and practice in the experimental group was significantly more than the control group(p=0/0001). The mean score of Knowledge, attitude and practice had no significant difference between the three times in the control group (p= 0/05); but in the experimental group the mean score of Knowledge, attitude and practice had significant difference between before the intervention with immediately after the intervention and one month after the intervention(p=0/0001). Conclusion: The lifestyle modification program is effective in promoting the Knowledge, attitude and practice hypertensive patients with angioplasty. Keywords: Lifestyle, knowledge, attitude, practice, hypertension

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015062420912N3**
Registration date: **2015-07-01, 1394/04/10**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-07-01, 1394/04/10

Registrant information

Name

Mohsen Shahriari

Name of organization / entity

Isfahan University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2014-11-22, 1393/09/01

Expected recruitment end date

2015-01-21, 1393/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Evaluating the effectiveness of an education lifestyle modification program on knowledge, attitude & practice in patients with hypertension was done angioplasty in who reffered to Isfahan Chamran Hospital 2014

Public title
Effects life style modification program on Knowledge, attitude, practice

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria: - Age of 40 years and above. - Are living in the city. - Literacy have at least read and write. - Patients with systolic blood pressure of 140 mm Hg or diastolic blood pressure 90 mm Hg or more and have more. - Were not following special diet or treatment of obesity or thinness calming techniques such as yoga, meditation, and not (black and Hvkansvn 2009, p .1298. (- According to the records, samples of acute cardiovascular disease such as high blood pressure secondary, type 1 and 2 diabetes, hormonal disorders, kidney disease and mental illness is not (Black and Hvkansvn 2009, p .1352. (- The doctor confirmed the clinical condition is good and there is no limit to the intervention. - Did not participate in the educational program is to control blood pressure. Exclusion criteria: - If any of research units unwillingness to continue participating in the study were excluded. - Acute stress during the study will be deleted. - During the study, blood pressure change is large due to the need to change the dose of medication is prescribed. - If the subjects in the experimental group more than 2 sessions in the absence of their training sessions.

Age
From **40 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

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
Isfahan University of Medical Sciences

Street address
Shiraz Gate, St thousand acres,Isfahan University of Medical Sciences

City
Isfahan

Postal code

Approval date
2014-11-22, 1393/09/01

Ethics committee reference number
393679

Health conditions studied

1

Description of health condition studied
hypertension

ICD-10 code
2115-10๐

ICD-10 code description

Primary outcomes

1

Description
Knowledge

Timepoint
Before the intervention, immediately after the intervention and one month after the intervention

Method of measurement
Questionnaire

2

Description
attitude

Timepoint
before the intervention, immediately after the intervention and one month after the intervention

Method of measurement
Questionnaire

3

Description
practice

Timepoint
Before the intervention, immediately after the intervention and one month after intervention

Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
intervention Groups: group training program in six sessions over three weeks, held every 45 to 60 minutes during training sessions of lectures, Q & A and discussion is used and in cases of hypertension and complications risk factors, diet, physical activity, stress management, life, limit alcohol consumption, smoking and drug abuse prevention and , according to treatment of high blood pressure guidelines received training. It is worth noting that at the beginning of each session training manual that fits with the theme of the meeting was delivered to the sample. The second session after reviewing the previous session topics and answer questions about those issues before the performance review and feedback received over the past week. After running the program, by phone, on the educational content provided and follow the curriculum, overcome barriers, client questions and provide feedback incentives to correct knowledge, attitude and positive talk. Control group: two sessions of discussion about the experiences of people with high blood pressure, diet, exercise and reduce Vzrn was held.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Chamran Hospital

Full name of responsible person

Street address

City
Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Isfahan University of Medical Sciences

Full name of responsible person
mehdi nemathbakhsh

Street address
isfahan

City
isfahan

Grant name

Grant code / Reference number

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

Title of funding source
Isfahan 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
Isfahan University of Medical Sciences

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Position
msc

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