

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The investigation of short text message reminder on control of elderly patients with high blood pressure referred to hypertension clinic in Kerman in 2017

Protocol summary

Summary

The poor compliance of drug use is one of the main reasons for Lack of control in blood pressure. Using mobile and sending short text messages is a simple way to increase compliance in drug use. The aim of this study was to investigation of short text message reminder on control of elderly patients with high blood pressure referred to hypertension clinic in Kerman. People over the age of 60 who have mobile phones and can receive and send short messages and only take oral medications, have no blood pressure, chronic stenosis and chronic kidney disease will be enter. The population of this study is hypertensive elderly and a sample of 100 patients in 2017, which is divided into two groups of intervention and control with 50 persons. The intervention of this study is a SMS reminder for use of the drug through the SMS system for 3 months. a reminder SMS In first month 2 times in a day, the second month 2 times in a week, and the third month 1 time in a week will be sent. No SMS send to the control group. The blood pressure of all patients, including the intervention and control groups, is controlled before the beginning of the study, the end of the first month, the end of the second month and the end of the third month.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017091922320N8**

Registration date: **2017-10-06, 1396/07/14**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-10-06, 1396/07/14

Registrant information

Name

Tayebeh Mirzaei

Name of organization / entity

Rafsanjan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3425 5900

Email address

t.mirzaei@rums.ac.ir

Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Sciences

Expected recruitment start date

2017-09-23, 1396/07/01

Expected recruitment end date

2018-02-20, 1396/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The investigation of short text message reminder on control of elderly patients with high blood pressure referred to hypertension clinic in Kerman in 2017

Public title

The investigation of short text message reminder on control of elderly patients with high blood pressure referred to hypertension clinic in Kerman in 2017

Purpose

Supportive

Inclusion/Exclusion criteria

Entry criteria: aged over 60; private ownership of a mobile phone capable of receiving and texting; having read and write skills; the ability to send and receive messages by cellphone (the patient or his caregiver); only oral medication; withdrawal criteria: use of medication Injection of hypertension; Stenosis; Chronic kidney disease; Individual desire to withdraw from the study.

Age

From **60 years** old to **79 years** old

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

Rafsanjan University of Medical Sciences

Street address

Rafsanjan Imam Ali Blvd

City

Rafsanjan

Postal code

7718796755

Approval date

2017-07-31, 1396/05/09

Ethics committee reference number

IR.RUMS.REC.1396.32

Health conditions studied

1

Description of health condition studied

Hypertension

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

Elderly Hypertension

Timepoint

Before intervention; a month after the intervention; two month after the intervention; three months after the intervention

Method of measurement

Manometer

Secondary outcomes

empty

Intervention groups

1

Description

The study intervention is a short message that will be send to intervention group to remind of drug using time for 3 months. In the 1st month, twice in a day, in the 2nd month, twice in a week and in the 3rd month, every week a short message will be sent to remember using drugs.

Category

Behavior

2

Description

For the control group, no text messages will be sent and they receive routine care

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Jawad Al Aemea Clinic / Besat Clinic

Full name of responsible person

Dr. Maryam Mosavi

Street address

Kerman

City

Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr. Tayyebeh Mirzaei

Street address

Imam Ali Boulevard

City

Rafsanjan

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

Yes

Title of funding source

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

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr. Tayyebeh Mirzaei

Position

Academic Staff

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

Rafsanjan University of Medical Sciences

City

Rafsanjan

Postal code**Phone**

+98 39 1822 0039

Fax**Email**

t.mirzaee@rums.ac.ir

Web page address**Person responsible for updating data****Contact****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