# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

13 Oct 2026

## Comparing the effect of education by Peers with education by Health Personnel on blood pressure and treatment adherence in patient with hypertension

## Protocol summary

**Summary**

This study aimed to compare the effectiveness of education by peers with education by health personnel on blood pressure and treatment adherence in patients with hypertension in Yasouj city. 264 patients selected by convenience sampling and randomly divided into intervention group 1,2 and control group. The first patient was in the peer group, second in the personnel group, third in the control group.Inclusion criteria are ages 35 to 65 years, having chronic hypertension for at least 6 months and exclusion criteria are Patient non-compliance or withdrawal. The interventions are peer education and health personnel education. Consequence is the effect of education on blood pressure and adherence to treatment.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2015052722438N1**
Registration date: **2016-06-24, 1395/04/04**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**

2016-06-24, 1395/04/04

**Registrant information**

**Name**

salimeh Ranjbar

**Name of organization / entity**

Peymanieh Hospital

**Country**

Iran (Islamic Republic of)

**Phone**

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**Recruitment status**

**Recruitment complete**

**Funding source**

Vice chancellor for research, Yasuj University of Medical Sciences

**Expected recruitment start date**

2014-04-21, 1393/02/01

**Expected recruitment end date**

2014-10-22, 1393/07/30

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparing the effect of education by Peers with education by Health Personnel on blood pressure and treatment adherence in patient with hypertension

**Public title**

The effect of education on blood pressure

**Purpose**

Health service research

**Inclusion/Exclusion criteria**

Inclusion criteria: Informed consent; ages 35 to 65 years; male and female; Having chronic hypertension for at least 6 months; blood pressure higher than 140/90 mm Hg (uncontrolled) Exclusion criteria: having other acute disorders; Lack of compliance or patient withdrawal or any problem disturbing study

**Age**

From **34 years** old to **64 years** old

**Gender**

Both

**Phase**
2-3
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **264**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
**Blinding (investigator's opinion)**
Not blinded
**Blinding description**
**Placebo**
Not used
**Assignment**
Parallel
**Other design features**
They were selected by convenience sampling and randomly divided into three groups. The first patient was in the peer group, second in the personnel group, third in the control group.

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Ethics committee of Yasuj University of Medical Sciences
**Street address**
Shahid Motahari Boulevard
**City**
Yasuj
**Postal code**
**Approval date**
2014-11-01, 1393/08/10
**Ethics committee reference number**
930801009

## 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**
treatment adherence
**Timepoint**
before intervention, end of intervention, 2 month after end of intervention
**Method of measurement**
A questionnaire made by researcher

### 2

**Description**
blood pressure
**Timepoint**
before intervention, end of intervention, 2 month after end of intervention
**Method of measurement**
mmhg with analog blood pressure monitor

## Secondary outcomes

### 1

**Description**
diet
**Timepoint**
before intervention, end of intervention, 2 month after end of intervention
**Method of measurement**
A questionnaire made by researcher

### 2

**Description**
medication
**Timepoint**
before intervention, end of intervention, 2 month after end of intervention
**Method of measurement**
A questionnaire made by researcher

### 3

**Description**
exercise
**Timepoint**
before intervention, end of intervention, 2 month after end of intervention
**Method of measurement**
A questionnaire made by researcher

## Intervention groups

### 1

**Description**
Intervention group 1: peer education First session: Familiarize the patients together, nature and symptoms of the disease. Second session: Orientation patients with diet and avoiding dietary restrictions Third session: Identifying patients with antihypertensive drugs, their effects and importance, medicine consumption, visit with doctor and blood pressure measurement Fourth Session: Understanding the importance of exercise and weight

loss, reducing stress and deal with it

**Category**

Lifestyle

**2**

**Description**

Intervention group 2: Health Personnel education First session: Familiarize the patients together, nature and symptoms of the disease. Second session: Orientation patients with diet and avoiding dietary restrictions Third session: Identifying patients with antihypertensive drugs, their effects and importance, medicine consumption, visit with doctor and blood pressure measurement Fourth Session: Understanding the importance of exercise and weight loss, reducing stress and deal with it

**Category**

Lifestyle

**3**

**Description**

Control group: no intervention

**Category**

Other

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

Akbarabad health center

**Full name of responsible person**

Salimeh Ranjbar

**Street address**

Shahid Madani Health Center, Ali Abad Village, Yasouj to Shiraz beginning of the road

**City**

Yasuj

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

Vice chancellor for research, Yasuj University of Medical Sciences

**Full name of responsible person**

Dr Abd Mohammad Mousavi

**Street address**

Vice chancellor for research, Yasuj University of Medical Sciences, Shahid Motahary Boulevard, Yasuj

**City**

Yasuj

**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, Yasuj 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**

Yasuj University of Medical Sciences

**Full name of responsible person**

Salimeh Ranjbar

**Position**

Ms Student

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

**Contact**

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## Person responsible for updating data

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**Full name of responsible person**
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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*