Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Sep 2026

Effects of peer support program on adherence to treatment of hypertension in patients with hypertension

Protocol summary

Summary

The aim of this study was to evaluate the effect of peer support on adherence to the treatment regimen and changes in blood pressure in patients with hypertension. Design : this study is a clinical trial. Entry and exit condition : a total of 64 patients presenting with hypertension , Setting and conduct , Participants including major eligibility criteria. Sampling were selected and randomly divided into control and experimental groups were done. Inclusion criteria, literate, fluent in Persian, history of hypertension, treated with at least one antihypertensive drug, having slurred speech or impaired hearing, age 18 and exclusion criteria of the study, the reluctance to continue to participate in the study, absent more than 2 sessions of meeting, held by those changes in concomitant medications and related educational programs. Intervention : Adherence to therapy of patients with hypertension questionnaire (which itself three drug regimen, diete regimen and mobility programs); in three phases : before the intervention, immediately after and one month after. The intervention, as well as blood pressure, height and weight of the patient is measured and recorded. Intervention : The intervention group at 6 meeting of the Subsidiary are held by the peer group and the control group participated in two training sessions organized by researchers participate. Main outcome measures : the results of the present study was to evaluate the effect of peer support on adherence of patients to treatment and changes in blood pressure.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015112125161N1**
Registration date: **2016-01-17, 1394/10/27**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2016-01-17, 1394/10/27

Registrant information

Name

Amene Haidari

Name of organization / entity

Isfahan University Of Medical Sciences Faculty Of Nursing and Midwiery

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences Research Center

Expected recruitment start date

2015-12-01, 1394/09/10

Expected recruitment end date

2015-12-31, 1394/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of peer support program on adherence to treatment of hypertension in patients with hypertension

Public title

Effects of peer support program on adherence to treatment and Changes in blood pressure of hypertension in patients with hypertension center of

Isfahan 2015.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Willingness to participate in the study؛ proficiency in Persian؛ The history of high blood pressure treated with at least one antihypertensive drug؛ slurred speech or hearing impairment have 18 old. Exclusion criteria: lack of desire to continue to participate in the study؛ absence of more than 2 sessions of meetings held by peers؛ As in the training program associated with the company adhere to the treatment regimen during the study (now in excess of 2 sessions) ؛ create change in kinds of drugs the patient.

Age

From **18 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **64**

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 Isfahan University Of Medical Sciences Faculty Of Nursing and Midwiery

Street address

Isfaha University Of Medical Sciences Faculty Of Nursing and Midwiery , Hezar Jreb avenue , Isfahan

City

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Postal code

8345111111

Approval date

2015-07-23, 1394/05/01

Ethics committee reference number

394268

Health conditions studied

1

Description of health condition studied

hypertention

ICD-10 code

I10

ICD-10 code description

hypertension

Primary outcomes

1

Description

adherence to treatment

Timepoint

befor .after and after one mount

Method of measurement

questiner ofInventory adherence to treatment in patients with hypertension

Secondary outcomes

1

Description

Changes in blood pressure

Timepoint

Before, immediately after and one month later

Method of measurement

Set of blood pressure manitor

Intervention groups

1

Description

6 meeting holding support by counterparts in the intervention group and 2 non-related training session in Mntrl

Category

Prevention

2

Description

Control group : he group held two one-hour sessions on health issues by researcher

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hypertension Clinic ofis Isfahan

Full name of responsible person

Amener Haidari

Street address

Isfahan Cardiovascular Research Center, khorram avenue , Isfahan ,Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research , Isfahan University of Medical Sciences

Full name of responsible person

Dr Mahde Nematbakhsh

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Isfahan

Grant name

394268

Grant code / Reference number

394268

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

Yes

Title of funding source

Vice chancellor for research , 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

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NOT

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