

# 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

###### Country

Iran (Islamic Republic of)

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+98 31 3226 0398

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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 Midwifery

##### **Street address**

Isfahan University Of Medical Sciences Faculty Of Nursing and Midwifery , Hezar Jereb avenue , Isfahan

##### **City**

Isfahan

##### **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**

hypertension

#### **ICD-10 code**

I10

#### **ICD-10 code description**

hypertension

## **Primary outcomes**

### 1

#### **Description**

adherence to treatment

#### **Timepoint**

before ,after and after one month

#### **Method of measurement**

questionnaire of inventory 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 monitor

## **Intervention groups**

### 1

#### **Description**

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

#### **Category**

Prevention

### 2

#### **Description**

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

#### **Category**

Other

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Hypertension Clinic of Isfahan

##### **Full name of responsible person**

Amener Haidari

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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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, Deputybof reserch Isfahan University Of Medical  
Sciences , Hezar Jrib avenue , Isfahan , Iran

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**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**

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Isfahan University Of Medical Sciences Faculty Of  
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## Person responsible for updating data

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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*