Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effect of self-management education with and without phone calls and the use of mobile social networking follow-up on self_management behavior in patients with hypertension

Protocol summary

Summary

In this Clinical trial, randomized study to Compare the effect of self-management education with and without phone calls and the use of mobile social networking follow-up on self_management behavior in patients in the two Isfahan hospitals performed on 200 patients. The study population are the patients with primary hypertension admitted to hospital a Inclusion criteria are essential hypertension, the exact diagnosis by a doctor and having blood pressure greater than 85 / 140 mmgh, phone access, non-hospitalized treatment and make phone calls in less than four times during the study in groups training management track, participating in one of the training sessions in the intervention group or the death of a person, not study. Patients into four groups (control, self-management training without follow-up, self-management education with telephone follow-up and pursuit of self-management education using mobile-based social networking) groups and the control group will receive common training, patients in the second group, self-education will participate in two sessions of 30-45 minutes. A third group self-management training similar to the training methods and content are without telephone follow-up. After 6 weeks, each week a phone call by the researcher to learn and impart information and health tips and reminders need to be patient and answer questions. The fourth group self-management training will be like previous groups. In this type of track on a weekly basis through the cable connection is established. Self-management behaviors, by students in all 4 groups 6 weeks after the implementation of the training program is completed. The primary outcome self-management behaviors blood pressure is secondary outcome.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016012426173N1**
Registration date: **2016-04-16, 1395/01/28**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-04-16, 1395/01/28

Registrant information

Name

Sanaz Sharifian

Name of organization / entity

Iran University of Medical Sciences, School of International Campus, Nursing and Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 31 3662 3234

Email address

sharifiyan.s@takiums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2016-04-08, 1395/01/20

Expected recruitment end date

2016-07-22, 1395/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparing the effect of self-management education with and without phone calls and the use of mobile social networking follow-up on self_management behavior in patients with hypertension

Public title
Telephone and mobile phone-based social network tracing the self_management behavior in hypertension

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria: There are definite diagnosis of essential hypertension by a doctor and having blood pressure greater than mmgh85/140; age between 35-85 years; Unemployment patient with family members of the medical team; Non-hospitalized patients referred to emergency medical departments after completion of therapy (range up to 24 hours of stay in the emergency department); No problem auditory, visual and cognitive; ability to read and write, having access to the phone; The ability to use mobile phones; Take advantage of mobile-based social network (Telegram); Internet access
Exclusion criteria: Make phone calls less than four times during the telephone follow-up study in self-management training or the use of mobile phone-based social network; Failure to attend one of the training sessions in the intervention group; mortality

Age
From **35 years** old to **80 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **200**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
The samples were randomly allocated block of four (24 mode) will be without permutation. In this method, different modes of four, written on 24 cards, each will be placed in a sealed envelope. These envelopes are placed in a box and researcher does not know before selecting cards that will be the subjects in each group. Pre-exposure research units, nurses (unaware of the study and groups) by removing an envelope from the box indicates that four patients who were enrolled in the study will be under one group.will. This process continues until all 24 cards out of the box, and then returned the cards to the box and the random selection is repeated until the desired sample size provided.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Iran University of Medical Sciences, School of International Campus
Street address
Martyr Hemmat Highway
City
Tehran
Postal code

Approval date
2016-02-21, 1394/12/02

Ethics committee reference number
IR.IUMS.REC.1394.9313677003

Health conditions studied

1

Description of health condition studied
HYPERTENSION

ICD-10 code
I10

ICD-10 code description
High blood pressure

Primary outcomes

1

Description
Self-managemant behavior

Timepoint
Before and 6 weeks after intervention

Method of measurement
self-managemant behavior questionnaire(HSMBQ)

Secondary outcomes

1

Description
Blood Pressure

Timepoint
Before the intervention, 6 weeks after intervention

Method of measurement
Pressure gauge, in millimeters of mercury

Intervention groups

1

Description

Patients in four groups (control and intervention) are divided.The patients in self-management training with follow-up phone , in time proportional with the convenience and patient request and in coordination with him, in two sessions self-management training, now taken 30-45 minutes.The training by the researcher, for face to face training with a question and answer booklets will be The training by the researcher, for face to face training with a question and answer booklets with educational content include defining normal blood pressure, hypertension definition, causes of disease, risk factors, symptoms, hypertension self-management behaviors such as adherence diet, proper exercise, medication adherence, side effects and blood pressure measurements will be teaching.researcher followed this group in six weeks with telephon .Call time up to 15 minutes between the hours of 8 am to 8 pm and time to be determined in agreement with the patient. If you have questions or problems can be patient for 24 hours in contact with the researcher.In this type of track on a weekly basis about the patient's health status and health behaviors strengthen asked to adhere to treatment regimens and the need for referral is examined.on your daily monitoring available to researchers and the feedback he has received.

Category

Other

2

Description

control group The control group will receive common training and if the problem can be single refer to "Patient Education" in the hospital

Category

Other

3

Description

Invertion group (1) Group self-management training without follow-up phone and use social networks, in time proportional to patient comfort and harmony with His will, self-management training company in two sessions are 30-45 minutes. The training by the researcher, for face to face training with a question and answer booklets with educational content include defining normal blood pressure, hypertension definition, causes of disease, risk factors, symptoms, hypertension self-management behaviors such as adherence diet, proper exercise, medication adherence, side effects and blood pressure measurements will be teaching. Informing patients of this group is that if the problem can be single refer to "Patient Education" in hospital.

Category

Other

4

Description

Intervention group(3) Group self-management training with follow-up with use social networks, in time proportional to patient comfort and harmony with His will, self-management training company in two sessions are 30-45 minutes. The training by the researcher, for face to face training with a question and answer booklets with educational content include defining normal blood pressure, hypertension definition, causes of disease, risk factors, symptoms, hypertension self-management behaviors such as adherence diet, proper exercise, medication adherence, side effects and blood pressure measurements will be teaching.In this type of track on a weekly basis about the patient's health status and health behaviors strengthen asked to adhere to treatment regimens and the need for referral is examined.researcher sends informations and educations with pictures and videoes on a weekly for patients. the patient can be conect if he has any questions.Information on your daily monitoring available to researchers and the feedback he has received.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra Hospital

Full name of responsible person

Sharifian Sanaz

Street address

Isfahan,Sofeh Avenue

City

Isfahan

2

Recruitment center

Name of recruitment center

Noor & Ali_Asghar Hospital

Full name of responsible person

Sharifian Sanaz

Street address

Isfahan,Ostandari Avenue

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

International Assistance

Full name of responsible person

Ghasemi Mohamad Sadegh

Street address

Tehran, martyr Hemmat Highway, Tehran University of Medical Sciences, International Assistance

City

Teharn

Grant name

Grant code / Reference number

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

Yes

Title of funding source

International Assistance

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

Iran University of Medical Sciences, School of Nursing and Midwifery, International Campus

Full name of responsible person

Sharifian Sanaz

Position

Critical Care Nursing Graduate Student

Other areas of specialty/work

Street address

Isfahan, Shiraz Gate, Saadat Abad streets, alleys martyr Nvranyan

City

Isfahan

Postal code

Phone

+98 31 3662 3234

Fax

Email

sharifian_sanaz@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Iran University of Medical Sciences, School of Nursing and Midwifery

Full name of responsible person

Tahereh Najafi Ghezeljeh

Position

Assistant Professor

Other areas of specialty/work

Street address

Tehran, Vali Asr Avenue, Street Rashid Yassami

City

Tehran

Postal code

Phone

+98 21 4365 1000

Fax

Email

najafi.t@iums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Iran University of Medical Sciences, School of Nursing and Midwifery, International Campus

Full name of responsible person

Sharifian Sanaz

Position

Critical Care Nursing Graduate Student

Other areas of specialty/work

Street address

Isfahan, Shiraz Gate, Saadat Abad streets, alleys martyr Nvranyan

City

Isfahan

Postal code

Phone

+98 31 3662 3234

Fax

Email

sharifian_sanaz@yahoo.com

Web page address

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