

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jul 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

sharifian.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

Intervention 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 videos on a weekly for patients. the patient can be connect 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\_Asgar 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**

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## Person responsible for scientific inquiries

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**City**

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**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*