Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of self-care education on control hypertension and pre-hypertension

Protocol summary

Summary

The present quasi-experimental study intended to determine the impact of self-care education on controlling blood pressure among staff members of Hamedan University of Medical Sciences diagnosed with hypertension and pre-hypertension. A multi-stage sampling technique will be employed. The sample population members enter the study voluntarily and are screened and divided into experimental and control groups. The study population comprises all staff working at Hamedan University of Medical Sciences who are diagnosed with hypertension or pre- hypertension. Eighty patients who meet the inclusion criteria will be recruited from the study population. The inclusion criteria are as follows: people with hypertension or pre- hypertension working at Hamedan University of Medical Sciences; written informed consent for participation; aged 25-55 years, and not taking any medicines to control blood pressure. The exclusion criteria are failure to obtain participant's consent and absence from educational sessions. Group educational interventions will be conducted by lecturing, having question-and-answer sessions, and providing pamphlets for continuing education. The two-hour educational classes will be held on two days in two consecutive weeks from 8 to 10 or from 10 to 12 a.m. This study will evaluate the impact of education on controlling blood pressure among people with hypertension or pre-hypertension.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016070428788N1**
Registration date: **2016-08-31, 1395/06/10**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-08-31, 1395/06/10

Registrant information

Name
fatemeh hosseinabad
Name of organization / entity
Hamedan University of Medical Sciences
Country
Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source
Hamedan University of Medical Sciences

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-care education on control hypertension and pre- hypertension

Public title

The effect of self- care education on blood pressure control

Purpose

Other

Inclusion/Exclusion criteria

The present quasi-experimental study intended to determine the impact of self-care education on controlling blood pressure among staff members of Hamedan University of Medical Sciences diagnosed with hypertension and per-hypertension. A multi-stage sampling technique will be employed. The sample population members enter the study voluntarily and are screened and divided into experimental and control groups. The study population comprises all staff working at Hamedan University of Medical Sciences who are diagnosed with hypertension or per-hypertension. Eighty patients who meet the inclusion criteria will be recruited from the study population. The inclusion criteria are as follows: people with hypertension or per-hypertension working at Hamedan University of Medical Sciences; written informed consent for participation; aged 25-55 years, and not taking any medicines to control blood pressure. The exclusion criteria are failure to obtain participant's consent and absence from educational sessions. Group educational interventions will be conducted by lecturing, having question-and-answer sessions, and providing pamphlets for continuing education. The two-hour educational classes will be held on two days in two consecutive weeks from 8 to 10 or from 10 to 12 a.m. This study will evaluate the impact of education on controlling blood pressure among people with hypertension or per-hypertension.

Age
From **25 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Hamedan University of Medical Sciences

Street address
Iran, Hamedan, Square Martyr Fahmideh, opposite the Mardom park, Hamedan University of Medical Sciences

City
Hamedan

Postal code

Approval date
2016-07-03, 1395/04/13

Ethics committee reference number
IR.UMSHA.REC.1395.188

Health conditions studied

1

Description of health condition studied
Hypertensive

ICD-10 code
I15.8

ICD-10 code description
Other secondary hypertension

Primary outcomes

1

Description
Blood pressure

Timepoint
Before the intervention, two months after intervention

Method of measurement
mm Hg , using a mercury sphygmomanometer

Secondary outcomes

empty

Intervention groups

1

Description
The present quasi-experimental study starts with obtaining required permissions from the School of Nursing and Midwifery in Hamedan University of Medical Sciences. The researcher will attend Hamedan University of Medical Sciences, explain the research objectives, and call for participation to measure and record blood pressure of all staff members. The recommendations of American Heart Association blood pressure measurements are considered as follows: not consuming caffeinated drinks and not smoking 30 minutes before taking blood pressure; being seated comfortably five minutes before measurement; having both arms supported at heart level and having both legs on the floor; silence during blood pressure measurement; deflating cuff at appropriate speed, and having the barometer at eye level of the observer. Cuff pressure will be filled with air until the pressure reaches 30 millimeter Hg above the level that radial pulse disappears. The mean arterial blood pressure will be assessed using analogue blood pressure (Easy Life, TXJ 30A, ????) and a stethoscope (Anestophon Riester, Germany) whose

reliability and validity have already been confirmed. People with prehypertension and hypertension will be screened and those under medications or medical care will be excluded. A multi-stage sampling technique will be employed. The sample society members enter the study voluntarily and 80 samples will be selected after screening. The samples are then divided into experimental and control groups using simple random sampling technique. The research team tries to select samples who match in terms of level of education, age, and medical history. Informed written consents will be obtained from all participants. The data will be collected using a demographic questionnaire and an information data sheet. The experimental group will be informed of the schedule and location of self-care educational classes. The educational intervention will be held in groups through lecturing, having question and answer sessions, and distributing pamphlets for continuing education. People in the experimental group who have basic information about hypertension and control methods will be separated from others to attend different educational classes. The classes will be held for two consecutive weeks on one day in two hours (8-10 or 10-12 a.m.) for both groups (with and without basic information). The first session discusses signs, symptoms, and lifestyle changes and the second session involves discussions on topics such as the importance of regular use of medication, the necessity for regular blood pressure control, standard blood pressure measurement, and side effects of medications. The blood pressure of samples will be recorded two months following the intervention under the same conditions of the screening day.

Category

N/A

2

Description

The staff working at Hamedan University of Medical Sciences will be screened to identity people with hypertension and pre-hypertension. People in the experimental and control groups will be randomly assigned. The control group receives no intervention. The blood-pressure of the intervention and control groups will be measured following two months of the intervention and the results of the two groups will be compared.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Hamedan University of Medical Sciences

Full name of responsible person

Fatemeh Hosseinabad

Street address

Iran, Hamedan ,Square martyr Fahmideh, Opposite the Mardom park

City

Hamedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Mr doctor Shamsaie

Street address

Iran, Hamedan, Square Martyr Fahmideh, opposite the Mardom park ,Hamedan University of Medical Sciences

City

Hamedan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Fatemeh Hosseinabad

Position

MSc student

Other areas of specialty/work

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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