

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of peer support group on empowerment of self-efficacy in elderly patients with hypertension

Protocol summary

Summary

This clinical trial will be done to determine the effect of peer support group on elderly self-empowerment suffering from hypertension. The study intervention is peer support group and is performed on elderly suffering from hypertension in Tehran. Study sample will be randomly allocated in the experimental and control groups. There are 36 samples in experimental group and 36 samples in control group. Since the suitable size for each peer support group is about 8-10 persons, we will have 3 intervention group. The sessions of peer support groups will be held for 8 weeks and each session about 2 hours. In each session the subject of discussion will be chosen based on the problems which will be mentioned from the participants and their interests about what they want to know about their disease. At first session a plan of the next 7 sessions will be formed based on the priority of the needs in each group. At the beginning of the next 7 sessions the researcher will speak about the subject of the session for 5 minutes and then group members will share their experiences and at the end of the session the discussion will be summarized.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016090429696N1**

Registration date: **2017-07-02, 1396/04/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-07-02, 1396/04/11

Registrant information

Name

mohammadreza saeedi

Name of organization / entity

Shahed University

Country

Iran (Islamic Republic of)

Phone

+98 51210021

Email address

m.saeedi@shahed.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Shahed University

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2016-10-22, 1395/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of peer support group on empowerment of self-efficacy in elderly patients with hypertension

Public title

The effect of peer support group on empowerment of self-efficacy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Tendency to participate in research; Older than 60 years old; favorable physical condition for participating in group, ability of speaking and completing the questionnaire; Having systolic blood pressure higher than 140 and diastolic blood pressure higher than 90; knowing Persian for participating in group ; favorable

cognitive status for participating in group that is measured by short cognitive test (ATMs), If the score is higher than 7 they will have inclusion criteria. exclusion criteria: If elderly don't want to participate through the process of research, they will be deleted from the final analyze.

Age

From **56 years** old to **20 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

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 of Shahed University

Street address

Shahed University, Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway, Tehran

City

Tehran

Postal code

Approval date

2016-05-29, 1395/03/09

Ethics committee reference number

IR.Shahed.REC.1394.288

Health conditions studied

1

Description of health condition studied

hypertension

ICD-10 code

110

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

self efficacy

Timepoint

Before the intervention in first session and at the end of intervention

Method of measurement

Sherer General Self-Efficacy Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

There are 3 groups in in the intervention group In each group the participants share their experiences in group..General self-efficacy questionnaire will be completed before and after intervention. In first section,educational needs of participants will be asked and it will be prioritized and other sections it will be discussed.

Category

Lifestyle

2

Description

There isn't any intervention for control group. The control group will be completed questionnaires two times(before and after the intervention).

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

municipality neighborhood house in Theran

Full name of responsible person

Dr Maryam Jadidmilani

Street address

yosefabad-jahanara st-15 alley

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research Shahed University

Full name of responsible person

Shahed University Vice chancellor for research : Dr.
Zahra Kiasalari

Street address

Shahed University, Opposite to Holy Shrine of Imam
Khomeini, Tehran-Qom Freeway, Tehran

City

tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research Shahed University

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

Shahed University

Full name of responsible person

Maryam Jadid Milani

Position

PhD of nursing

Other areas of specialty/work

Street address

Shahed University, Opposite to Holy Shrine of Imam
Khomeini, Tehran-Qom Freeway, Tehran

City

tehran

Postal code

Phone

+98 21 6641 8590

Fax

Email

m.saeedi@shahed.ac.ir

Web page address

**Person responsible for scientific
inquiries**

Contact

Name of organization / entity

Shahed University

Full name of responsible person

Maryam Jadid Milani

Position

PhD of nursing

Other areas of specialty/work

Street address

Shahed University, Opposite to Holy Shrine of Imam
Khomeini, Tehran-Qom Freeway, Tehran

City

tehran

Postal code

Phone

+98 21 5121 3071

Fax

Email

milani@shahed.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shahed University

Full name of responsible person

Dr Maryam Jadidmilani

Position

Assistant Professor

Other areas of specialty/work

Street address

Shahed University, Opposite to Holy Shrine of Imam
Khomeini, Tehran-Qom Freeway

City

Tehran

Postal code

Phone

+98 21 5121 3071

Fax

Email

milani2000ir@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