

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

23 Jun 2026

### The effect of peer education on medication adherence and quality of life of clients with hypertension. The effect of peer education on medication adherence and quality of life of clients with hypertension.

#### Protocol summary

##### Summary

Non-randomized clinical trial study (semi) that aims to examine the impact of peer education on medication adherence and quality of life in hypertensive patients at hospitals affiliated to Iran University of Medical Sciences examined This study selected peer group and the peer training and intervention by the researcher and data collection done before and two months after the intervention. Inclusion criteria: at least six months have passed by physician diagnosis of blood pressure; patients with primary hypertension are filled; have aged 15 years old and older; history of participation in training programs in the field of medication adherence and blood pressure during the past six months alone; at least one blood pressure medication taken by the patient; literate and have the ability to speak the Persian language; cognitive difficulties, physical disability does not have; employment or education in related groups, not medical. Exclusion criteria: treatment regimen (medication adherence) patient change; patients during the study in collaboration with researcher has revised and happy to be working; to participate in at least one of the training sessions held by counterparts have; disturbed that the new body will lose its ability to self-care; patients died during the study. For sampling from two treatment centers selected, a health center for the case group and the other treatment for the control group using quality of life questionnaires SF-36 and Medication Adherence (MMAS-8) and demographic (age, gender, marital status, education, occupation, duration of disease, history of education) is used. Sample subjects in this study, patients with primary hypertension clinic medical centers affiliated to University of Medical Sciences in Iran. Two months later using a quality of life questionnaire (SF-36) and Medication Adherence (MMAS-8) in patients with hypertension, quality of life and medication adherence in both groups reviewed the data after entering the

software SPSS software (version 21) data will be analyzed.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016102629809N1**

Registration date: **2016-10-26, 1395/08/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-10-26, 1395/08/05

##### Registrant information

##### Name

Elahe Mohammadbeigi

##### Name of organization / entity

School of Nursing and Midwifery, Iran University of Medical Sciences and Health Services

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8670 2108

##### Email address

mohammadbeigi.e@iums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Iran University of Medical Sciences

##### Expected recruitment start date

2016-06-04, 1395/03/15

##### Expected recruitment end date

2016-08-05, 1395/05/15

##### Actual recruitment start date

empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty

#### **Scientific title**

The effect of peer education on medication adherence and quality of life of clients with hypertension. The effect of peer education on medication adherence and quality of life of clients with hypertension.

#### **Public title**

The effect of peer education on medication adherence and quality of life of clients with hypertension. The effect of peer education on medication adherence and quality of life of clients with hypertension. The effect of peer education on medication adherence and quality of life of clients with hypertension.

#### **Purpose**

Supportive

#### **Inclusion/Exclusion criteria**

Inclusion criteria: at least six months have passed by physician diagnosis of blood pressure; patients with primary hypertension are filled; have aged 15 years old and older; history of participation in training programs in the field of medication adherence and blood pressure during the past six months alone; at least one blood pressure medication taken by the patient; literate and have the ability to speak the Persian language; cognitive difficulties, physical disability does not have; employment or education in related groups, not medical. Exclusion criteria: treatment regimen (medication adherence) patient change; patients during the study in collaboration with researcher has revised and happy to be working; to participate in at least one of the training sessions held by counterparts have; disturbed that the new body will lose its ability to self-care; patients died during the study.

#### **Age**

From **15 years** old

#### **Gender**

Both

#### **Phase**

N/A

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **110**

#### **Randomization (investigator's opinion)**

Not 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**

School of Nursing and Midwifery, Iran University of Medical Sciences and Health Services

##### **Street address**

Faculty of Nursing and Midwifery, Rashid Yasami St., Vali Asr Ave.

##### **City**

Tehran

##### **Postal code**

##### **Approval date**

2016-05-31, 1395/03/11

##### **Ethics committee reference number**

IR.IUMS.REC.1395.9211196202

## **Health conditions studied**

### 1

#### **Description of health condition studied**

hypertention

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

I10-I15

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

Hypertensive diseases

## **Primary outcomes**

### 1

#### **Description**

Medication adherence

#### **Timepoint**

Two months after the intervention

#### **Method of measurement**

Morisky medication adherence questionnaire

### 2

#### **Description**

Quality of life

#### **Timepoint**

Two months after the intervention

#### **Method of measurement**

SF-36 questionnaire

## **Secondary outcomes**

### 1

#### **Description**

Hypertention

#### **Timepoint**

Two month after intervention

### Method of measurement

Measurement of blood pressure, blood pressure measurement device is mercury.

## Intervention groups

### 1

#### Description

This study selected peer group and their educational and intervention phase begins on patients in experimental group patients in the test group are In addition to training routine, one-hour sessions over three days in three individually are attended by trained peer.

#### Category

Behavior

### 2

#### Description

Patients who are in control group receive the routine training that includes training by a doctor and receive using posters in the clinic.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Firoozgar hospital

##### Full name of responsible person

Fariba Razm Ahang

##### Street address

Firoozgar hospital, Beh Afarin st., Vali Asr square

##### City

Tehran

### 2

#### Recruitment center

##### Name of recruitment center

Rasool Akram hospital

##### Full name of responsible person

Azam Abbasi

##### Street address

Rasool Akram hospital, Niyayesh st., Satar Khan st.

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

School of Nursing and Midwifery, Iran University of Medical Sciences and Health Services

##### Full name of responsible person

Nahid Akbari

### Street address

School of Nursing and Midwifery, Iran University of Medical Sciences, Rashid Yasami st., Vali Asr Ave.

### City

Tehran

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

School of Nursing and Midwifery, Iran University of Medical Sciences and Health Services

### 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

School of Nursing and Midwifery, Iran University of Medical Sciences and Health Services

#### Full name of responsible person

Daryadokht masroor

#### Position

Faculty member

#### Other areas of specialty/work

#### Street address

Faculty of Nursing and Midwifery, Rashid Yasami St., Vali Asr Ave.

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1996713883

#### Phone

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#### Fax

#### Email

masror.d@iums.ac.ir

#### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

School of Nursing and Midwifery, Iran University of Medical Sciences and Health Services

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#### Position

Faculty member

#### Other areas of specialty/work

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

School of Nursing and Midwifery, Iran University of  
Medical Sciences and Health Services

**Full name of responsible person**

Daryadokht Masroor

**Position**

Faculty member

**Other areas of specialty/work****Street address**

Faculty of Nursing and Midwifery, Rashid Yasami St.,

**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*