

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

• Effects of educational intervention strategies based on self-care health literacy hypertensive patients with limited health literacy: An Application of Health Belief Model

Protocol summary

Summary

• The purpose of this quasi-experimental study to determine the effect of education based on Health Belief Model on self-care behaviors among hypertensive patients with limited health literacy. Study design: randomized in two groups. Study population: patients with hypertension with limited health literacy. Inclusion criteria: the health record in the health center; at least 6 months of diagnosis is past ; has read and write ; lack of symptoms, hypertension (heart attacks, strokes, kidney disease and eye blood pressure) ; willingness to participate in the study. Exclusion criteria: participate in training sessions for more than one session ; complications during the study. Sample size: 100 patients (each n = 50). Interventions: A Case Study after inviting of patients with limited health literacy, pre-test in both groups carried out from the intervention group, patients are invited to participate in 4 sessions (within 2 weeks) participate. The training program based on health belief model and focus groups and educational comics will be designed and proposition leaves. 1 and 3 months after the end of the program from both groups were tested and the results will be compared. Measuring variables are: 1) self-care, 2) awareness 3) health belief model 4) health literacy. The main outcomes of the study: self-care behaviors and awareness is increased.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017011731999N1**

Registration date: **2017-01-25, 1395/11/06**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-01-25, 1395/11/06

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

vice chancellor for research of Bushehr University of Medical Sciences

Expected recruitment start date

2017-01-20, 1395/11/01

Expected recruitment end date

2017-05-22, 1396/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

• Effects of educational intervention strategies based on self-care health literacy hypertensive patients with limited health literacy: An Application of Health Belief Model

Public title

• Educational program on self-care behaviors influence

blood pressure.

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria: the health record in the health center; at least 6 months of diagnosis is past ; has read and write ; lack of symptoms, hypertension (heart attacks, strokes, kidney disease and eye blood pressure) ; willingness to participate in the study. Exclusion criteria: participate in training sessions for more than one session ; complications during the study.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

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
Bushehr University of Medical Sciences

Street address
Bushehr. Rishehr

City
Bushehr

Postal code

Approval date
2016-12-19, 1395/09/29

Ethics committee reference number
IR.BPUMS.REC.1395.128

Health conditions studied

1

Description of health condition studied
hypertansion

ICD-10 code

I10

ICD-10 code description
Essential (primary) hypertension

2

Description of health condition studied
hypertansion

ICD-10 code
I15

ICD-10 code description
Secondary hypertension

Primary outcomes

1

Description
self-care behaviors

Timepoint
Before the intervention, 1 and 3 months after intervention

Method of measurement
questionnaire

Secondary outcomes

1

Description
awareness

Timepoint
Before the intervention, 1 and 3 months after intervention

Method of measurement
questionnaire

2

Description
Perceived susceptibility

Timepoint
Before the intervention, 1 and 3 months after intervention

Method of measurement
questionnaire

3

Description
Perceived severity

Timepoint
Before the intervention, 1 and 3 months after intervention

Method of measurement
questionnaire

4

Description
Perceived benefits

Timepoint

Before the intervention, 1 and 3 months after intervention

Method of measurement
questionnaire

5

Description

Perceived barriers

Timepoint

Before the intervention, 1 and 3 months after intervention

Method of measurement
questionnaire

6

Description

self efficacy

Timepoint

Before the intervention, 1 and 3 months after intervention

Method of measurement
questionnaire

7

Description

Guide for action

Timepoint

Before the intervention, 1 and 3 months after intervention

Method of measurement
questionnaire

Intervention groups

1

Description

A Case Study after inviting of patients with limited health literacy, pre-test in both groups carried out from the intervention group, patients are invited to participate in 4 sessions (within 2 weeks) participate. The training program based on health belief model and focus groups and educational comics will be designed and proposition leaves. 1 and 3 months after the end of the program from both groups were tested and the results will be compared.

Category
Lifestyle

2

Description

The control group received routine care clinics.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Healthy Heart Clinic on Tir 7

Full name of responsible person

Zinat Sarkhosh

Street address

Bushehr. Sangi

City

Bushehr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Assistant Bushehr University of Medical Sciences

Full name of responsible person

Afshin Ostovar

Street address

Salman Farsi street, Bahmani, Bushehr, Iran

City

Bushehr

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Assistant Bushehr 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

Bushehr University of Medical Sciences

Full name of responsible person

Mahnush Reisi

Position

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Other areas of specialty/work

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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