

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

The impact of the proposed training on self-efficacy in patient with hypertension Farshchian heart hospital in Hamadan in 2017

Protocol summary

Summary

Objectives: To assess the effect of programmed education on self-efficacy in patients with hypertension disease. Design: a randomized clinical trial. Setting and conduct: Patients with hypertension during the study Cardiology Clinic Heart Hospital Hamadan farshchian refer to the circumstances and if eligible will be enrolled. Inclusion criteria: (a) Affected with hypertension disease; (b) literate. Exclusion criteria: History of participation in educational course about hypertension disease. Intervention: Routine care plus 3 educational sessions of 45 minutes on self-efficacy with In one week interval Intervention with an emphasis on increasing the acceptance of diet, eating pattern, weight loss, reduced sodium intake, regular physical activity, moderate (walking every day) And quit smoking and diet are medicinal. Control: Routine care only. Primary outcome: Measuring the self-efficacy using Self-efficacy hypertension Scale before, immediately after and one month after intervention. Secondary outcome: Nothing.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017013032303N1**

Registration date: **2017-02-17, 1395/11/29**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-02-17, 1395/11/29

Registrant information

Name

Morteza Shamsizadeh

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 0535

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor of Hamadan University of Medical Sciences

Expected recruitment start date

2017-04-04, 1396/01/15

Expected recruitment end date

2017-07-06, 1396/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of the proposed training on self-efficacy in patient with hypertension Farshchian heart hospital in Hamadan in 2017

Public title

Training impact on self- efficacy in patients with Hypertension

Purpose

Supportive

Inclusion/Exclusion criteria

An inclusion criteria: Tend to have participated in the study; 25_69 years old ;There Hypertension (Systolic blood pressure 140 and above and diastolic blood pressure 90 and above), Which is confirmed by medical experts; Not at the stage of acute disease; The ability to have a conversation in Farsi; Read and write ; To

establish direct telephone contact with the patient's home is there; Difficulties in communication (hearing, etc.) is not; Hard and the underlying disease is not terminal: Such as metastatic cancer, kidney failure); Exclusion criteria: The patient dies during the study; Stage of disease is acute and severe; History of participation in educational course about hypertension disease.

Age

From **25 years** old to **69 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **140**

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 Hamadan University of Medical Sciences

Street address

Fahmide Street, Hamadan University of Medical Sciences, Hamadan

City

Hamadan

Postal code

651783-8698

Approval date

2017-01-29, 1395/11/10

Ethics committee reference number

IR.UMSHA.REC.1395.481

Health conditions studied

1

Description of health condition studied

High blood pressure

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

Control of disease

Timepoint

Before, immediately after and one month later

Method of measurement

Control of disease questionnaire

Secondary outcomes

1

Description

Self efficacy

Timepoint

Before, immediately after and one month later

Method of measurement

Self efficacy questionnaire

Intervention groups

1

Description

Usual care control group includes medications and recommended To receive a low salt diet and low-fat.

Category

Other

2

Description

Group interventions, In addition to usual care groups will participate in the training program. The training program held three sessions for 45 minutes For a week shall be carried out in the presence of patients with hypertension, Initially it will be explained about the learning process and goals And communicate with participants (formation of patient-provider partnership skill). Then educational materials about the nature of the disease, hypertension, risk factors, drugs complications, control procedures, pharmacotherapy principle, reinforcing the right behaviors, changes insanitary behaviors, methods of stress reduction and management emotions such as anger, fear and despair, by the researcher to In a 45-minute lecture will be presented in three sessions. Also in workshop in the correct way to measure blood pressure, patients are taught and practiced and will ensure that the patient is taught how to correctly measure your blood pressure. The intervention focused on increasing acceptance of diet, feeding pattern, weight loss, reduced sodium intake, regular physical activity of moderate (walking every day) and smoking cessation and medication regimen is adhered.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Hospital Heart Farshchian

Full name of responsible person

Akbar Rahnama Arani

Street address

Fahmide Street, Hospital Heart Farshchian

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor of Hamadan University of Medical Sciences

Full name of responsible person

Akbar Rahnama Arani

Street address

Fahmide Street, Hamadan University of Medical Sciences, Hamadan

City

Hamedan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor of Hamadan 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

Hamadan University of Medical Sciences

Full name of responsible person

Mohsen Salavati

Position

MS, Faculty of Nursing and Midwifery

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