Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluating the effect of training through SMS on compliance and the mean blood pressure of hypertensive patients

Protocol summary

Summary

The objective of current study is identifying the effect of training SMS on hypertension mean and compliance scale of hypertensive patients designed through control randomized clinical trial, single blind, control without receiving SMS, single centered. Major eligibility criteria to include are 30 years or above patients and the researcher excludes whoever does not intend to cooperate. Sample size is 200 patients divided into two groups, 100 intervention and 100 control ones. All participants fill in the satisfactory form and compliance questionnaire, then their blood pressure is measured. Afterwards, the intervention group will receive a daily training SMS consisting training texts on healthy life style and using medicine properly for a month. One and two months after intervention, the blood pressure is measured in each group; then the questionnaire is filled again. Finally, the diastolic and systolic data, and compliance scale before and after the intervention will be analyzed.

General information

Acronym

SMS (Short Message Service)

IRCT registration information

IRCT registration number: **IRCT2017030632920N1**
Registration date: **2017-05-21, 1396/02/31**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-05-21, 1396/02/31

Registrant information

Name

Marjan Movahedi

Name of organization / entity

Isfahan University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 3441 1317

Email address

m.movahedi@resident.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

University

Expected recruitment start date

2017-04-03, 1396/01/14

Expected recruitment end date

2017-04-20, 1396/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the effect of training through SMS on compliance and the mean blood pressure of hypertensive patients

Public title

The effect of training SMS on hypertension control

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Hypertension (systolic blood pressure mean equals or higher than 140 mm Hg or diastolic blood pressure mean equals or higher than 90 mm Hg); 30years old or above; being literate; able to work with a cellphone;able to read the Persian SMS; being officially satisfied in the study. Exclusion criteria: unwilling to participate in the study.

Age
From **30 years** old to **100 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **200**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
-

Secondary Ids

1

Registry name
-
Secondary trial Id
-
Registration date
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Isfahan University of Medical Sciences
Street address
Isfahan University Of Medical Sciences, Hezar-Jarib St., Isfahan
City
Isfahan
Postal code
81746-73461
Approval date
2016-07-02, 1395/04/12
Ethics committee reference number
ir.mui.rec.1395.3.271

Health conditions studied

1

Description of health condition studied
Hypertension
ICD-10 code
I10
ICD-10 code description
Essential (primary) hypertension Incl.: High blood pressure Hypertension (arterial)(benign)(essential)(malignant)(primary)(systemic)

Primary outcomes

1

Description
Compliance scale
Timepoint
Pre-intervention; two months after intervention
Method of measurement
self-made compliance questionnaire included 18 questions

2

Description
Systolic blood pressure
Timepoint
Pre-intervention; A month after intervention; Two months after intervention
Method of measurement
Millimeter of mercury with sphygmomanometer

3

Description
Diastolic blood pressure
Timepoint
Before intervention; A month after intervention; Two months after intervention
Method of measurement
Millimeter of mercury with sphygmomanometer

Secondary outcomes

1

Description
-
Timepoint
-
Method of measurement
-

Intervention groups

1

Description
Intervention group: Training through SMS; A training SMS daily with SMS Panel for a month; Face-to-face and group training on healthy life style and taking medicine properly
Category
Treatment - Other

2

Description
Control group: Group and face-to -face training on healthy life style and taking medicine properly
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Gorgab Center
Full name of responsible person
Marjan Movahedi
Street address
Gorgab Center, Shahin-Shahr city, Isfahan
City
Gorgab, Shahin-Shahr city

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Isfahan University of Medical Sciences/Vice Chancellor for Research and Technology
Full name of responsible person
Dr. Mehdi Nematbakhsh/Vice Chancellor for Research and Technology
Street address
Isfahan University of Medical Sciences, Hezar-Jarib St. Isfahan
City
Isfahan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Isfahan University of Medical Sciences/Vice Chancellor for Research and Technology
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
Isfahan University of Medical Sciences
Full name of responsible person
Marjan Movahedi
Position
Medical Doctor
Other areas of specialty/work
Street address
Isfahan University of Medical Sciences, Hezar-Jarib St, Isfahan
City
Isfahan
Postal code
81746-73461
Phone
+98 31 3792 8110
Fax
-
Email
m.movahedi@resident.mui.ac.ir; marjanmovahedi55@yahoo.com; m.movahedi92771@gmail.com
Web page address
mui.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Isfahan University of Medical Sciences
Full name of responsible person
Marjan Movahedi
Position
Medical Doctor
Other areas of specialty/work
Street address
Isfahan University of Medical Sciences, Hezar-Jarib St., Isfahan
City
Isfahan
Postal code
81746-73461
Phone
+98 31 3792 8110
Fax
-
Email
m.movahedi@resident.mui.ac.ir; marjanmovahedi55@yahoo.com; m.movahedi92771@gmail.com
Web page address
mui.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Isfahan University of Medical Sciences
Full name of responsible person
Marjan Movahedi
Position
Medical Doctor

Other areas of specialty/work
Street address
Isfahan University of Medical Sciences, Hezar-Jarib St. Isfahan
City
Isfahan
Postal code
81746-73461
Phone
+98 31 3792 8110
Fax
-
Email
m.movahedi@resident.mui.ac.ir; marjanmovahedi55@yahoo.com; m.movahedi92771@gmail.com
Web page address
mui.ac.ir

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