# 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
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Iran (Islamic Republic of)
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**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

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*