Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Nov 2026

The effect of educational program based on health belief model on belief about medicines & medication adherence in the elderly patients with hypertension

Protocol summary

Study aim

Determining the effect of educational program based on health belief model on drug adherence and drug belief in elderly with hypertension

Design

In this study, elderly people aged 60 years and over who have a history of hypertension with a history of entry into the study who are referred to the student's health center and sadaf are selected. The participants are randomly divided into two groups of intervention and control (two groups of 30

Settings and conduct

Among the centers for the provision of services to the elderly, student health centers and hospitals are selected because the Student and Oysters Hygiene Center is one of the main providers of service to the elderly, and the highest number of elderly people is control. Elderly who have criteria for entry into the research will be selected by available sampling method. Then, the two groups (intervention and control) are randomly assigned.

Participants/Inclusion and exclusion criteria

Entrance requirements for seniors include: aged 60 and above, willingness to participate in the study with written consent, lack of cognitive impairment based on a score of at least 7 and higher than the cognitive shorter of at least the reading and writing literacy and higher, the ability to communicate - The history of hypertension is based on self-report, as well as the patient's medical records and the use of antihypertensive drugs (people who have a medication adherence score of less than 6, and a drug belief score of 13 or more than 13 and a drug concern of over 13), and a lack of Mental disorders; also exclusion criteria include refusal to continue the mesh

Intervention groups

Training sessions in the intervention group based on the steps of the health belief model are implemented in 8 sessions of an hour and a half. Sessions are grouped.The control group uses only the most common services of the centers

Main outcome variables

adherence to medication belief about medication

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171125037616N1**
Registration date: **2018-01-05, 1396/10/15**
Registration timing: **retrospective**

Last update: **2018-01-05, 1396/10/15**
Update count: **0**

Registration date

2018-01-05, 1396/10/15

Registrant information

Name

Yasaman Yazdanpanah

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3651 7064

Email address

yazdanpanahy1@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-05, 1396/09/14

Expected recruitment end date

2018-01-04, 1396/10/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational program based on health belief model on belief about medicines & medication adherence in the elderly patients with hypertension

Public title

The effect of educational program based on health belief model on belief about medicines & medication adherence in the elderly patients with hypertension

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Age 60 and above willingness to participate in the study with written consent lack of knowledge of the disorder based on the score of at least 7 and above of the cognitive shorter, at least study reading and writing, communication ability the progression of blood pressure by self-report and Also, the patient's medical records and the use of antihypertensive drugs (people who have a medication adherence score of less than 6 and a medication score of less than 13 and a medication concern higher than 13 a lack of mental disorders

Exclusion criteria:

Refusing to continue participating in a study and collaborating with a researcher, absence of more than 2 sessions in sessions, acute illness or hospitalization during a study that would prevent an elderly company from attending meetings, absence of more than 2 sessions in sessions acute illness or hospitalization during a study that would prevent an elderly company from attending meetings

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Individuals are randomly divided into two groups of intervention and control. Simple random sampling and easy sampling

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

The Ethics Committee of Mashhad University of Medical Sciences

Street address

No 47, Emamt 43, Emamat Ave.,

City

MASHHAD

Province

Razavi Khorasan

Postal code

9188694395

Approval date

2017-11-22, 1396/09/01

Ethics committee reference number

IR.MUMS.REC.1396.250

Health conditions studied

1

Description of health condition studied

Blood pressure disorder in the elderly

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

belief medication score

Timepoint

Before intervention after intervention and one month after intervention

Method of measurement

Horn medication Belief Questionnaire

2

Description

medication adherence score

Timepoint

Before intervention after intervention and one month after intervention

Method of measurement

moriscky Drug Adherence Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Educational sessions in the intervention group based on the steps of the Health Belief Model are carried out in 8 sessions of an hour and a half. Sessions are grouped
Category
Rehabilitation

2

Description
Control group: Routine Care of the Health Center
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Health Center No 1
Full name of responsible person
Dr.Naser Amini
Street address
Danesh Amoz ave; danesh Amoz Blvd
City
Mashhdd
Province
Razavi Khorasan
Postal code
9177899191
Phone
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Email
Aminin1@mums.ac.ir
Web page address
http://fa.irct.ir/user/trial/27830/update/recruitment_center

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Dr.Saeed Eslami
Street address
Daneshgah Ave; Mashhad university
City
Mashhad
Province
Razavi Khorasan
Postal code
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Phone
+98 51 3651 7064
Fax
+98 51 3871 3638
Email
Yazdanpanahy1@mums.ac.ir
Web page address
http://www.mums.ac.ir/newmums/
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Mashhad University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Mashhad University of Medical Sciences
Full name of responsible person
Yasaman Yazdanpanah
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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Person responsible for scientific inquiries

Contact
Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person
Yasaman Yazdanpanah

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available