

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 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

morisky 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

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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

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Web page address

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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

Contact

Name of organization / entity

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Full name of responsible person

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Position

Student

Latest degree

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Other areas of specialty/work

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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