

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The Effect of Educational Intervention based on the Bandura's self-efficacy pattern on self-care and self-efficacy of patients with hypertension.

Protocol summary

Study aim

Determining the effect of self-efficacy-based education on self-care and self-efficacy in patients with hypertension Referring to community health centers

Design

This clinical trial study was carried out with the participation of hypertensive patients referred to selected health centers (2 health centers) in Mashhad in 1396. The sampling method will be such that at first five health centers of the urban community of Mashhad will be selected randomly from two centers in accordance with the health center of the province, and then, from the prevention of the dissemination of information, from each urban community health center Three centers will be randomly selected for intervention and control groups. Sixty people with hypertension in these centers are enrolled and randomly divided into intervention and control groups.

Settings and conduct

Of the five health centers of the urban community of Mashhad, two centers will be randomly selected (lotteries) in coordination with the health center of the province. and then, because of the prevention of the dissemination of information, from each health center of the urban community, three centers will be randomly selected for intervention and control groups. In the experimental group, a self-efficacy training program based on the structures of social cognitive theory of Bandura (successful experience; promising experience; verbal encouragement and physical and emotional states) for a period of (4 weeks) a weekly meeting and each meeting will be held for 45 minutes. In the control group, the routine care and education of the center will be provided. In both groups before intervention and after the fourth week immediately after completing the training session and one month later, self-efficacy was assessed using a general self-efficacy questionnaire and

self-care will be measured by self-care adjustment questionnaire for patients with hypertension.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Aged 70-40 years old; Diagnosing Hypertension is at least one year old; Hypertension is confirmed by a cardiologist; Active case of high blood pressure disease in the health center; Have not severe disorder cognition. Exclusion criteria: During the past 6 months, have not participated in the same educational program as the study program; Unwilling to participate in the study.

Intervention groups

Intervention group: 30 patients with hypertension who participate in The educational intervention was designed based on the self-efficacy theory and was performed in four educational sessions lasting 45 minutes by group discussion; brainstorming; questions and answers. Control group: 30 hypertensive patients who is not receive any special training by researchers.

Main outcome variables

Self- efficacy; Self-care

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171117037513N1**

Registration date: **2018-03-01, 1396/12/10**

Registration timing: **retrospective**

Last update: **2018-03-01, 1396/12/10**

Update count: **0**

Registration date

2018-03-01, 1396/12/10

Registrant information

Name

Fatemeh Farazian

Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2017-12-31, 1396/10/10
Expected recruitment end date
2018-01-20, 1396/10/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The Effect of Educational Intervention based on the Bandura's self-efficacy pattern on self-care and self-efficacy of patients with hypertension.

Public title
Education based on the theory of self efficacy on self efficacy and self-care in Hypertension patients

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Aged 70-40 years old Hypertension is confirmed by a cardiologist An active file of high blood pressure disease in the health center Have a family live in Mashhad
Exclusion criteria:
During the past 6 months, he has not participated in the same training program as the training program. Unwilling to participate in the study.

Age
From **40 years** old to **70 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
Table of random numbers will be used For randomization

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 Mashhad University of Medical Sciences

Street address

Mashhad University of Medical Sciences, Vice chancellor for research, Ghoraisy Building, University St

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913199

Approval date

2017-12-23, 1396/10/02

Ethics committee reference number

IR.MUMS.REC.1396.320

Health conditions studied

1

Description of health condition studied

hypertension

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

Self- efficacy

Timepoint

Before, immediately and four weeks after intervention

Method of measurement

Sherer General Self-efficacy scale

2

Description

Self-care

Timepoint

Before, immediately and four weeks after intervention

Method of measurement

Modified questionnaire Self-care for patients with high blood pressure

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In intervention group, 30 patients with high blood pressure who participate in 4 45-minute training sessions. The self-efficacy training program is based on the structures of the social cognitive theory of Bandura (successful experience; promising experience; verbal encouragement and emotional and physical states). In the training sessions: group discussion; sentiment and questioning are used.

Category

Lifestyle

2

Description

Control group: The control group only will receive routine care

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Mashhad No 1 Health Center

Full name of responsible person

Dr Naser Amini

Street address

No 1. Health center, Next to shahr bani Town, Vakilabad Blvd, Mashhad

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Web page address

2

Recruitment center

Name of recruitment center

Mashhad No3 Health Center

Full name of responsible person

Dr. Brat Ali Arabnejad

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Health Center No 3, Khayyam Blvd, Mashhad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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Web page address

<http://v-research.mums.ac.ir/index.php>

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

Fateme Farazian

Position

Master of Science Student in Public Health

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

Zahra Emami Moghadam

Position

Master of Science in Nursing

Latest degree

Master

Other areas of specialty/work

Medical Education

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Position

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Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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