

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

Study of the effect of Short Message Service (SMS) and pamphlet on adherence to anti-hypertensives drugs in patients of to Emam-Reza Heart Clinic, Shiraz, Iran

Protocol summary

Study aim

Comparison of the effect of SMS and pamphlet on adherence to anti-hypertensive medications in patients of Emam-Reza Cardiac Clinic, Shiraz, Iran

Design

In this study, 282 patients with cardiovascular disease who are eligible to enter the study who are referred to the Imam Reza Clinic of Shiraz are selected. Participants are randomly assigned to three groups of pamphlets and control SMS, and each participant is assigned a code.

Settings and conduct

Researcher refers to Emam-Reza clinic in Shiraz and selects the samples randomly. Then, they will allocate to three groups: SMS, pamphlet, and control. Using Morisky's questionnaire, which has been validated for Iranian society, data are collected. Based on the data analysis, educational content and key messages will be developed and used for SMS and pamphlets preparation. One and three months later, the data will be collected again and compared to the before phase.

Participants/Inclusion and exclusion criteria

Criteria for entering the study patients with cardiovascular diseases who are taking anti-hypertensive medications Having 9-graded literacy level patients (or the family members) who have mobile phone that covers the persian language Exit criteria: Discontinuation of anti-hypertensive medications by the order of the physician Not willing to cooperation with the study

Intervention groups

The Pamphlet group who receive content related to medication adherence. The SMS group who receives SMS in their cell phone. The control group who does not intervene on them.

Main outcome variables

Medication adherence

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171227038098N1**

Registration date: **2018-02-17, 1396/11/28**

Registration timing: **retrospective**

Last update: **2018-02-17, 1396/11/28**

Update count: **0**

Registration date

2018-02-17, 1396/11/28

Registrant information

Name

Somaye Zare

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3234 2862

Email address

somaye.zare@yums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-05-29, 1396/03/08

Expected recruitment end date

2017-06-29, 1396/04/08

Actual recruitment start date

2017-05-29, 1396/03/08

Actual recruitment end date

2017-06-29, 1396/04/08

Trial completion date

empty

Scientific title

Study of the effect of Short Message Service (SMS) and pamphlet on adherence to anti-hypertensives drugs in patients of to Emam-Reza Heart Clinic, Shiraz, Iran

Public title

Drug compliance in cardiovascular patients who are taking blood pressure medication

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with Cardiovascular diseases who are taking anti-hypertensive medications Having 9-graded literacy level Patients (or the family members) who have mobile phone that covers the Persian Language fonts

Exclusion criteria:

Discontinuation of anti-hypertensive medications by the order of the physician Not willing to cooperation with the study

Age

From **35 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **282**

Actual sample size reached: **282**

Randomization (investigator's opinion)

Randomized

Randomization description

Using a simple random method and individual randomization unit, the random number table was a randomization tool

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 Yasuj University of Medical Sciences

Street address

Chancellor of Research, Yasuj University of Medical Sciences, Emam-Khomeini Blvd

City

Yasuj

Province

Kohgiluyeh-va-Boyerahmad

Postal code

71937-11351

Approval date

2017-04-29, 1396/02/09

Ethics committee reference number

IR.YUMS.REC.1396.2

Health conditions studied

1

Description of health condition studied

Cardio-vascular disease

ICD-10 code

I11.9

ICD-10 code description

Hypertensive heart disease without heart failure

Primary outcomes

1

Description

medication adherence

Timepoint

"Measuring drug compliance at the beginning of the study (before the intervention) and one month and three months after the intervention

Method of measurement

Morischi questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

"Intervention group 1: Tailored pamphlet containing two subjects:reminder message for medication time and complication of medication to the patients and asked them instal that on the refrigerator before his/her eyes.The intervention will be implemented for one month,and one and three months later,the questionnaire will be completed by particepants."

Category

Behavior

2

Description

"Intervention group 2:Sending SMS through mobile phone to remind the patients about medication time and complication of medication.these messages will be sent three times a week,and at 10 AM and 5 PM daily.The intervention will be implemented for one month,and one and three months later,the questionnaire will be

completed by participants."

Category

Behavior

3

Description

"Control group: They are patients who received routine services by physicians without any pamphlet and SMS"

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam-Reza Clinic of Shiraz

Full name of responsible person

Mohsen Shams

Street address

Chancellor of Research, Yasuj University of Medical Sciences, Emam-Khomeini Blvd.

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Email

somaye.zare@yums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yasuj University of Medical Sciences

Full name of responsible person

Chancellor of Research, Yasuj University of Medical Sciences

Street 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

Yasuj 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

Yasuj University of Medical Sciences

Full name of responsible person

Mohsen Shams

Position

Ph.D. Education and Health Promotion

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yasuj University of Medical Sciences

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Person responsible for updating data

Contact

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Full name of responsible person

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not 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

Yes - There is a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

This study is a M.Sc. thesis and its final report will be present in University and internal databases.

Additionally, the papers will be published in Farsi and English journals.

When the data will become available and for how long

Access to the report starts immediately after the viva, and access to papers starts immediately after the publication.

To whom data/document is available

Available to researchers working in academia and scientific organizations

Under which criteria data/document could be used

For using in similar researches , or writing review articles and systematic reviews

From where data/document is obtainable

Corresponding Authors (Dr Mohsen Shams):
moshaisf@yahoo.com

What processes are involved for a request to access data/document

Mailing to corresponding author and asking him for data and documents- 2 to 3 weeks after the request

Comments