Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Jul 2026

Investigation of the effect of drug reminder application on drug adherence in primary hypertensive Patients

Protocol summary

Study aim
Investigation of the effect of drug reminder application on drug adherence in primary hypertensive Patients

Design
randomized trial with parallel group , blinded postoperative care, include 76 participants (38 in the intervention group and 38 controls)

Settings and conduct
Referring to the Yazd Cardiovascular research center, the researchers will provide a list of middle-aged people with hypertension and make contacts with eligible individuals. Morisky Medication Adherence Questionnaire is completed on the phone and those who score poorly are invited to visit the center.The participants will then complete the written consent form in the center and their demographic data form and Morisky questionnaire will be completed by the researcher through an interview.Samples will be assigned to one of the groups using random numbers table. Prior to and three months after the intervention, the degree of adherence to drug therapy is measured by the Morisky questionnaire.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Having cognitive-psychological ability to participate in the study Having a smartphone The ability to use of the application Diagnosis of primary blood pressure by a physician Having at least 6 months of history of the disease the age of 25 to 65 years Obtain an Undesirable Score from drug adherence Questionnaire Exclusion criteria: Hospitalization during the study Change location to another city

Intervention groups
In the first group, “Drug Reminder” application is installed on patients’ mobile phones and the necessary training will be provided to use the application. No action is taken in the control group

Main outcome variables
drug adherence

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20160503027736N4**
Registration date: **2018-07-18, 1397/04/27**
Registration timing: **retrospective**

Last update: **2018-07-18, 1397/04/27**
Update count: **0**

Registration date
2018-07-18, 1397/04/27

Registrant information

Name
shahin heidari

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 34 3428 5351

Email address
sh.heidari@rums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2017-10-04, 1396/07/12

Expected recruitment end date
2018-01-15, 1396/10/25

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title

Investigation of the effect of drug reminder application on drug adherence in primary hypertensive Patients

Public title
the effect of drug reminder application on drug adherence in hypertensive Patients
Purpose
Health service research
Inclusion/Exclusion criteria
Inclusion criteria:
All middle-aged patients with primary hypertension and have been diagnosed with a primary blood pressure diagnosis physician.
Exclusion criteria:
Mental diseases such as Alzheimer's and other types of dementia
Age
From **25 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Investigator

Sample size
Target sample size: **76**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple randomization; Individual; Samples will be assigned to one of the groups(drug reminder application group and control group) using random numbers table.
Blinding (investigator's opinion)
Single blinded
Blinding description
Considering that samples are assigned into the groups with the use of random numbers table, the author will be blinded regarding the assignments.
Placebo
Not used
Assignment
Parallel
Other design features
drug reminder application that it had used in this research"Daro Yab"is that an optic and easy program for using to remind pills and management of drugs

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Rafsanjan University of Medical Sciences
Street address
Rafsanjan University of Medical Sciences., Imam Ali Blvd., Rafsanjan
City
Rafsanjan
Province
Kerman
Postal code
7717643373
Approval date
2017-07-08, 1396/04/17
Ethics committee reference number
IR.RUMS.REC.1396.68

Health conditions studied

1

Description of health condition studied
drug adherence in primary hypertensive Patients
ICD-10 code
I10
ICD-10 code description
Essential (primary) hypertension

Primary outcomes

1

Description
obtain weak score of Morisky Medication Adherence Questionnaire
Timepoint
before intervention - three months after the intervention
Method of measurement
Morisky Medication Adherence Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: . In the intervention group, “drug Reminder” application is installed on patients’ mobile phones and the necessary training will be provided to use the application
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Yazd Cardiovascular research center
Full name of responsible person
Dr.Seyed mostafa seyedhosseini
Street address

Jomhouri Boulevard., Afshar Hospital
City
Yazd
Province
Yazd
Postal code
8917945556
Phone
+98 35 3523 1421
Fax
+98 35 3525 3335
Email
m.seyedhossaini@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Rafsanjan University of Medical Sciences
Full name of responsible person
Shahin Heidari
Street address
Mofateh Street
City
Rafsanjan
Province
Kerman
Postal code
7717643373
Phone
+98 34 3425 5900
Email
sh.heidari@rums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Rafsanjan 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
Rafsanjan University of Medical Sciences
Full name of responsible person
Sajedeh Mohammadi
Position
Critical Care Nursing Graduate Student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
20 Alley., Imam Khomeini Ave., Turk Abad
City
Ardakan
Province
Yazd
Postal code
8953137318
Phone
+98 35 3227 3440
Email
sajedemohammady@yahoo.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Rafsanjan University of Medical Sciences
Full name of responsible person
Sajedeh Mohammadi
Position
Critical Care Nursing Graduate Student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
20 Alley., Imam Khomeini Ave., Turk Abad
City
Ardakan
Province
Yazd
Postal code
8953137318
Phone
+98 35 3227 3440
Email
sajedemohammady@yahoo.com

Person responsible for updating data

Contact
Name of organization / entity
Rafsanjan University of Medical Sciences
Full name of responsible person
Shahin Heidari
Position
Faculty member
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Mofateh Street
City
Rafsanjan

Province
Kerman
Postal code
7717643373
Phone
+98 34 3425 5900
Email
sh.heidari@rums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
confidentiality of participants
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available