

# 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**

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**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

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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Rafsanjan University of Medical Sciences  
**Full name of responsible person**  
Shahin Heidari  
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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**  
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  
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Sajedeh Mohammadi  
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Critical Care Nursing Graduate Student  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**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