

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of health-promoting behaviors training on self-care in hypertensive patients

Protocol summary

Study aim

The effect of health-promoting behaviors training on self-care in hypertensive patients

Design

Clinical trial with intervention and control group, Non-randomize, with a sample size of 106 people

Settings and conduct

Sampling will done among patients with primary hypertension in clinic of hospital. Intervention group will be trained in three sessions under the training of health promoting behaviors. The control group will not receive any training until the end of the study. Data were collected from both groups using a demographic and self-care questionnaire for chronic diseases before and one month after intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Have at least reading and writing skills, Diagnosis of hypertension at least in the last 3 months by a cardiologist Exclusion criteria: Complications of hypertension (including heart failure, renal failure, myocardial infarction, cerebrovascular accident, Disorders of the vasculature of the eye)

Intervention groups

Intervention group: In addition to receiving routine care and treatment, The intervention will be implemented in the form of Training of Health Promoting Behaviors in 3 sessions of 45 minutes. Control group: Only the care and routine treatment will be received until the end of the study.

Main outcome variables

Self-care score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180717040502N1**

Registration date: **2018-10-14, 1397/07/22**

Registration timing: **retrospective**

Last update: **2018-10-14, 1397/07/22**

Update count: **0**

Registration date

2018-10-14, 1397/07/22

Registrant information

Name

Leila Bhmani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

bahmani.l@tak.iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-21, 1396/11/01

Expected recruitment end date

2018-02-19, 1396/11/30

Actual recruitment start date

2018-01-21, 1396/11/01

Actual recruitment end date

2018-02-19, 1396/11/30

Trial completion date

2018-06-21, 1397/03/31

Scientific title

The effect of health-promoting behaviors training on self-care in hypertensive patients

Public title

The effect of education on self-care in hypertension

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Diagnosis of hypertension at least in the last 3 months
Have at least reading and writing skills
Absence of Acute Disease and chronic illness

Exclusion criteria:

Cases of other chronic diseases
Complications of hypertension
Inability to read and write

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **106**

Actual sample size reached: **103**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 Iran University of Medical Sciences

Street address

Iran University of Medical Science, Next to Milad Tower, Hemmat highway, Tehran, Iran

City

Tehran

Province

Tehran

Postal code

1449614535

Approval date

2017-10-27, 1396/08/05

Ethics committee reference number

IR.IUMS.FMD.REC1396.9311690002

Health conditions studied

1

Description of health condition studied

High blood pressure

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-care score in people with hypertension

Timepoint

At the beginning of the study and one month after the intervention

Method of measurement

Self-care questionnaire in hypertensive patients

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In addition to receiving routine care and treatment, The intervention will be implemented in the form of Training of Health Promoting Behaviors in 3 sessions of 45 minutes.

Category

Lifestyle

2

Description

Control group: Only the care and routine treatment will be received until the end of the study.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Lorestan University of Medical Sciences, Shahid Rahimi Hospital

Full name of responsible person

Leila Bahmani

Street address

Shahid Rahimi Hospital, Safavi Bridge, Azadi Square, Khorramabad, Lorestan, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Full name of responsible person
Dr. Seyed Kazem Malekoti
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Web page address

Grant name

-

Grant code / Reference number

-

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Iran 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
Iran University of Medical Sciences
Full name of responsible person
Leila Bhmani
Position
Student
Latest degree

Bachelor
Other areas of specialty/work
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Person responsible for updating data

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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