

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

Investigation of the effect of sending short text messages as reminders on medication adherence in patients with chronic hyperlipidemia

Protocol summary

Study aim

Measurement of the effect of sending short text messages as reminders on medication adherence in patients with chronic hyperlipidemia

Design

A clinical trial with a control group of 60 patients, with parallel groups

Settings and conduct

This research will be carried out at Imam Hossein Health Services Center in Borazjan. The consent form is completed by the patients and their mobile phone number. 60 people are randomly divided into 2 groups. A daily reminder message is sent to the intervention group to follow the follow-up schedule for a period of 6 weeks. No messages will be sent to the control group. Blood lipids are measured in both groups at the start and end of the study and recorded in the patient's case. At the end of this study, changes in blood lipids in both groups of patients are analyzed. Morisky questionnaire is completed at the beginning and end of the study.

Participants/Inclusion and exclusion criteria

Inclusion criteria : age group of 30 - 65 years , mobile ownership Exclusion criteria : the development of diseases that involve the administration of drugs other than lipid profile, such as blood pressure, supplementary treatments such as herbal medicines, the individual's desire not to continue to collaborate in the research

Intervention groups

the intervention group receive a short message remind about the use of the drug for six weeks. the control group will not receive a message and will follow their usual treatment.

Main outcome variables

The primary outcome is a study of increased adherence to drug use in patients with high blood lipids.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180703040317N1**
Registration date: **2019-01-31, 1397/11/11**
Registration timing: **retrospective**

Last update: **2019-01-31, 1397/11/11**

Update count: **0**

Registration date

2019-01-31, 1397/11/11

Registrant information

Name

Seyedeh Zeinab Mahdian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8879 4301

Email address

sz_mahdian@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-08, 1397/06/17

Expected recruitment end date

2018-10-19, 1397/07/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation of the effect of sending short text messages as reminders on medication adherence in patients with chronic hyperlipidemia

Public title

the effect of sending short text messages as reminders on medication adherence in patients with chronic hyperlipidemia

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Being in the age group of 30 to 65 years, owning at least one mobile phone that has the ability to receive and send text messages, have reading and writing skills, the ability to send and receive text messages over mobile phones, and that the prescription for Patients only include oral medications

Exclusion criteria:

Diseases requiring drugs other than lipid metabolism, such as blood pressure, supplementary treatments such as herbal medicines, individual tendency to non-cooperation in research

Age

From **30 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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 Sciences, Hemat Highway,

City

Tehran

Province

Tehran

Postal code

۱۴۴۹۶۱۴۵۳۵

Approval date

2018-06-24, 1397/04/03

Ethics committee reference number

IR.IUMS.REC.1397.040

Health conditions studied**1****Description of health condition studied**

Hyperlipidemia

ICD-10 code

E78.5

ICD-10 code description

Hyperlipidaemia, unspecified

Primary outcomes**1****Description**

Increased adherence to drug use in patients with high blood lipids

Timepoint

At the beginning and end of the study

Method of measurement

Morisky questionnaire

Secondary outcomes**1****Description**

cholesterol,

Timepoint

The beginning and the end of the study

Method of measurement

Using the results of biochemical tests to determine the serum cholesterol level in mg / dl

2**Description**

triglycerides

Timepoint

The beginning and the end of the study

Method of measurement

Using the results of biochemical tests to determine the serum triglyceride level in mg / dl

3**Description**

LDL

Timepoint

The beginning and the end of the study

Method of measurement

Using the results of biochemical tests to determine the serum LDL level in mg / dl

Intervention groups

1

Description

Intervention group: Patients in the intervention group receive a short message remind about the use of the drug for six weeks

Category

Other

2

Description

Control group: Patients in the control group will not receive a message and will follow their usual treatment.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hossein Health Services Center

Full name of responsible person

Bahareh HosseinAbadi

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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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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

Seyedeh Zeinab Mahdian

Position

master student

Latest degree

Bachelor

Other areas of specialty/work

Health Information Technology

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Person responsible for scientific inquiries

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Associate

Latest degree

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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