

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Aug 2026

Investigating Effect of a Multifaceted Intervention on Blood Pressure Control and Drug Compliance in Patients with Uncontrolled Hypertension

Protocol summary

Study aim

The purpose of this study is to diagnose effect of multifaceted intervention on blood pressure control and drug compliance among uncontrolled hypertension patients.

Design

A controlled clinical trial was randomly conducted on 72 patients in Emergency of Alzahra hospital, Isfahan University of Medical Sciences from April to June 2018.

Settings and conduct

Subsequent to consent form, samples were randomly divided into intervention and control groups. Multifaceted intervention includes: encouragement interviews and a four-week training (90 minutes per session), a drug reminder box, family support and 4 phone follow ups. Morisky Questionnaire was used before and one month after the intervention. Blood pressure was measured in both groups at baseline and one month later.

Participants/Inclusion and exclusion criteria

Inclusion criteria: At least one year background of hypertension with doctor approval! Under hypertension medical therapy! Recorded hypertension higher than 140/190 mmHg at the time of emergency reception.

Intervention groups

intervention and control groups

Main outcome variables

Multifaceted intervention promoted drug compliance and reduced systolic and diastolic blood pressure. Thus patients are recommended to use it as a supplement after their discharge.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110821007391N6**

Registration date: **2018-10-19, 1397/07/27**

Registration timing: **retrospective**

Last update: **2018-10-19, 1397/07/27**

Update count: **0**

Registration date

2018-10-19, 1397/07/27

Registrant information

Name

Maryam Eghbali Babadi

Name of organization / entity

Isfahan University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 7539

Email address

eghbali@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-04, 1397/01/15

Expected recruitment end date

2018-04-19, 1397/01/30

Actual recruitment start date

2018-04-04, 1397/01/15

Actual recruitment end date

2018-04-19, 1397/01/30

Trial completion date

2018-06-20, 1397/03/30

Scientific title

Investigating Effect of a Multifaceted Intervention on Blood Pressure Control and Drug Compliance in Patients with Uncontrolled Hypertension

Public title

Effect of a Multifaceted Intervention on Blood Pressure Control and Drug Compliance

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

At least one year background of hypertension with doctor approval Under hypertension medical therapy Recorded hypertension higher than 140/190 mm Hg at the time of emergency reception Accompaniment of one family member Not having a background of Alzheimer's disease

Exclusion criteria:

Development of serious problems, life threatening or any disability or death, for the study sample during the study Dissatisfaction or withdrawal from the study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

Actual sample size reached: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

Envelopes containing cards with numbers one and two were given to participants, in the case of selecting the number one, depending on the intervention and the choice of the number two, they were placed in the control group

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 Isfahan University of Medical Sciences

Street address

Hezar-Jerib Ave., Isfahan University of Medical Sciences

City

Isfahan

Province

Isfahan

Postal code

8174673461

Approval date

2018-02-19, 1396/11/30

Ethics committee reference number

IR.MUI.REC 1396.3.841

Health conditions studied

1

Description of health condition studied

Essential (primary) hypertension

ICD-10 code

ICD-I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

Blood Pressure

Timepoint

Before and after education

Method of measurement

Blood Pressure measurement device

2

Description

adherence to drug therapy

Timepoint

Before and after education

Method of measurement

Morisky medication adherence questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: For intervention group, 10-member groups with family member, an encouragement interview along with delivering a seven-part medication reminder box for one week medication. Then three training sessions (90 minutes) was held in 3 weeks and emphasis was placed on family support for medication. Also, four telephone contacts with study samples and a family member were made at the end of each week for 10 minutes by appointment. Training sessions were relevant to nature and side-effects of diseases and the consequences of not taking hypertension medication, methods of controlling the disease via appropriate lifestyle .Other approached included presenting information through lectures, Power Points, discussion between participants, and training booklet. Additionally, the content of phone contact was Q & A sessions regarding reinforcement of contents, strengthening family support technique and utilization of medication reminder box finalizing with uncovering potential

problems of study samples.

Category

Lifestyle

2

Description

Control group: Before and a month later, control group participants were invited for data collection. In the meantime, in order that ethical codes are followed, study samples in the control group were given a drug reminder box and a training booklet with regard to discussions on the training sessions.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Emergency of Al-Zahra Hospital

Full name of responsible person

Azam alsadat Mirniam

Street address

Hezar Jerib Avenue

City

Isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 3792 7597

Email

mirniam2013@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Shaghayegh Haghjooy Javanmard

Street address

Hezar Jerib Avenue

City

Isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 3668 8138

Email

sh_haghjoo@med.mui.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Esfahan 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

Esfahan University of Medical Sciences

Full name of responsible person

Maryam Eghbali Babadi

Position

Faculty Member

Latest degree

Ph.D.

Other areas of specialty/work

Nursing

Street address

Hezar Jerib Avenue

City

isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 3792 7597

Email

eghbali@nm.mui.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Maryam Eghbali Babadi

Position

Faculty Member

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Hezar Jerib Avenue

City

Isfahan

Province

Isfahan

Postal code
8174673461
Phone
+98 31 3792 7539
Email
eghbali@nm.mui.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Maryam Eghbali Babadi
Position
Faculty Member
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Hezar Jerib Avenue
City
Isfahan
Province
Isfahan

Postal code
8174673461
Phone
+98 31 3792 7597
Email
eghbali@nm.mui.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

In the future, I'll print this research.

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

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