

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### The effect of educational software application based on mobile base learning on blood pressure and quality of life of military men with hypertension

#### Protocol summary

##### Study aim

The effect of educational software application based on mobile base learning on blood pressure and quality of life of military men with hypertension

##### Design

Randomized clinical trial. The sample size of the control and intervention groups is Thirty-three people. In this study, the samples were first sampled Simple random sampling method. They will then be randomly assigned to two groups of intervention and control.

##### Settings and conduct

The sampling site is a martyr Heart Hospital. After selecting the samples, they will be considered if they are willing to participate in the research. First, the demographic information form and then the health-related quality of life questionnaire (SF-36) will be completed by eligible applicants. Blood pressure before the start of the study will be measured and recorded from the two groups in the designed checklist. Six weeks after installing the software will be reviewed and compared

##### Participants/Inclusion and exclusion criteria

Entry criteria : Diagnosis of blood pressure by the doctor ages 35 to 55 years , Mobile access and ability to use it  
Exit criteria :Unwillingness to participate in the study

##### Intervention groups

the intervention group: six weeks have been used and their pressure on the quality of their life is compared to both before and the control unit is compared. control group: During clearance, they receive only hospital training that they do not receive, and then their pressure on their life is compared to pre - study and with the intervention group's people.

##### Main outcome variables

blood pressure quality of life

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190626044026N1**

Registration date: **2019-12-14, 1398/09/23**

Registration timing: **retrospective**

Last update: **2019-12-14, 1398/09/23**

Update count: **0**

##### Registration date

2019-12-14, 1398/09/23

##### Registrant information

##### Name

Fereshteh Falah

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 66 3342 1427

##### Email address

falahfereshteh407@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-07-23, 1398/05/01

##### Expected recruitment end date

2019-08-24, 1398/06/02

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

## Scientific title

The effect of educational software application based on mobile base learning on blood pressure and quality of life of military men with hypertension

## Public title

The effect of educational software application based on mobile base learning on blood pressure and quality of life of military men with hypertension

## Purpose

Education/Guidance

## Inclusion/Exclusion criteria

### Inclusion criteria:

Definitive diagnosis of blood pressure by the physician  
Excellent 35-55 years No occupation of the patient or family member in the medical staff No admission to different parts of the hospital after completion of treatment Lack of hearing impairment, vision Minimum reading and writing comprehension Access to the mobile phone and the ability to use it The ability to install a mobile phone app

### Exclusion criteria:

Unwillingness to participate in the study

## Age

From **35 years** old to **55 years** old

## Gender

Male

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **66**

## Randomization (investigator's opinion)

Randomized

## Randomization description

In this study, the samples were first selected easily among militants with hypertension (based on the approval of an internal medicine specialist) who have criteria for entering the research and then assigned randomly into two groups of test and control. In this way, envelopes containing cards with A and C adhesives will be requested and the military personnel will be required to randomly select one of the envelopes, those who will receive the A card, in the test group and those who have the card C will be assigned to the control group. Thus sampling will continue until the sample size is determined, the researcher will consider the dropping of samples according to the specified exit rates.

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

The study is a randomized clinical trial. We will have two intervention and control groups. The intervention group received the app in addition to the hospital training but the control group received only the hospital training.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of aja University of Medical Sciences

##### Street address

Sadi Alley; Karim khan Ave;

##### City

Khoramabad

##### Province

Lorestan

##### Postal code

6819755836

#### Approval date

2019-07-30, 1398/05/08

#### Ethics committee reference number

IR.AJAUMS.REC.1398.041

## Health conditions studied

### 1

#### Description of health condition studied

blood pressure

#### ICD-10 code

I10

#### ICD-10 code description

Essential (primary) hypertension

## Primary outcomes

### 1

#### Description

blood pressure

#### Timepoint

Pressure measurement before and 6 weeks after the study

#### Method of measurement

Mercury barometer

## Secondary outcomes

### 1

#### Description

life quality

#### Timepoint

Before the study and 6 weeks after the study

#### Method of measurement

Sf-36 questionnaire

## Intervention groups

### 1

#### Description

"Intervention group: "in the first step, the researcher will collect and compile content based on the library studies and the Global Guide to the Management and Treatment of Blood Pressure and Search in Valid Databases and Scientific Articles by the Researcher in order to gather the contents for the desired software. Various hypertension topics include caring topics including nutrition, exercise, diet and medication, risk factors, which are technically and scientifically approved by the Faculty of Nursing of the Army University, Internal and Cardiovascular Specialists, Shahid Medical Center Health Education Committee. Civil will arrive in Khorramabad city The capabilities of the educational software of interest to the researcher will be presented to the programming engineer and according to those features the appropriate software will be designed by the programming engineer. The software will be Android-based and will be designed to be used offline. The software will be installed on the intervention group's smartphone and the researcher will be given a lecture and practical information in a 60-minute session of the software's features and how to use it in coordination with the hospital training supervisor in the training center conference hall. They will be. Also, at the end of the training session on using the software, patients will be asked to work with the software in practice and to see if the researcher has learned to work with the software to ask questions in case of any ambiguity. The patients' blood pressure will be measured before intervention in the intervention group and their demographic questionnaire will be filled out. Software will be installed in the intervention group's patients for six weeks and patients will be required to use this software and program after six weeks. This group will be measured and their demographic and quality of life questionnaire will be filled after the intervention.

#### Category

Prevention

### 2

#### Description

"Control group:"Routine care

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Madani Hospital

##### Full name of responsible person

Fereshteh Falah

##### Street address

Sadi alley;Karim khan Ave

#### City

Khoramabad

#### Province

Lorestan

#### Postal code

6819755836

#### Phone

+98 66 3342 1427

#### Email

falahfereshteh407@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Artesh University of Medical Sciences

##### Full name of responsible person

Zahra farsi

##### Street address

Sadi alley;Karim khan Ave

##### City

Khoramabad

##### Province

Lorestan

##### Postal code

6819755836

##### Phone

+98 66 3342 1427

##### Email

falahfereshteh407@yahoo.com

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Artesh 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

Artesh University of Medical Sciences

##### Full name of responsible person

Fereshteh Falah

##### Position

Master of nursing

##### Latest degree

Bachelor

**Other areas of specialty/work**

Nursery

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Artesh University of Medical Sciences

**Full name of responsible person**

Fereshteh Falah

**Position**

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**Latest degree**

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**Person responsible for updating data****Contact****Name of organization / entity**

Artesh University of Medical Sciences

**Full name of responsible person**

Fereshteh Falah

**Position**

Master of nursing

**Latest degree**

Bachelor

**Other areas of specialty/work**

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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