

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Artesh University of Medical Sciences

Full name of responsible person

Zahra farsi

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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

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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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