

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

The effect of self management program on control of disease and self efficacy in hypertensive patients

Protocol summary

Summary

The aim of this study is to investigate the effect of self management program on self efficacy and control of disease in hypertensive patients. This is a semi-experimental clinical trial on 150 patients were recruited from health centers affiliated to Tehran University of Medical Sciences which have been sampled simply and randomized divided in to experimental and control groups. The control group received only routine visits, while the experimental group in addition to receiving usual care, will participate in self management program. then encouraged to accomplish self management program and followed up by telephone weekly for 8 week. At the end of fourth week, blood pressure measured in experimental and control groups. Then at the end of eighth week, the appointment, Blood pressure is measured, and questionnaire related to self efficacy and disease control in both control and experimental groups are completed and be compared.

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tehran University Of Medical Sciences

Expected recruitment start date

2011-09-23, 1390/07/01

Expected recruitment end date

2012-09-22, 1391/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105314443N3**

Registration date: **2012-04-18, 1391/01/30**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-04-18, 1391/01/30

Registrant information

Name

Masoumeh Zakerimoghadam

Name of organization / entity

Tehran University of Medical Sciences

Scientific title

The effect of self management program on control of disease and self efficacy in hypertensive patients

Public title

The effect of self management program on hypertensive patients control

Purpose

Supportive

Inclusion/Exclusion criteria

An inclusion criteria: tend to have participated in the study; 69-30 years old ;There Hypertension the mild and moderate (180-140mmhg systolic blood pressure and diastolic blood pressure between 110 to 90), which is confirmed by medical experts; not at the stage of acute disease; The ability to have a conversation in Farsi; read and write ; to establish direct telephone contact with the patient's home is there; difficulties in communication (hearing, etc.) is not; Hard and the underlying disease is

not terminal: Such as metastatic cancer, kidney failure);
Exclusion criteria: the patient dies during the study;
stage of disease is acute and severe

Age

From **30 years** old to **69 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **160**

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

Tehran University of Medical Sciences

Street address

Tohid Square

City

Tehran

Postal code

Approval date

2011-07-28, 1390/05/06

Ethics committee reference number

14159

Health conditions studied

1

Description of health condition studied

primary hypertension

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

control of disease

Timepoint

before and after intervention

Method of measurement

control of disease questionnaire

Secondary outcomes

1

Description

self efficacy

Timepoint

before and after intervention

Method of measurement

self efficacy questionnaire

Intervention groups

1

Description

The control group received only usual care included drug therapy and advise to low salt and low fat regime

Category

Treatment - Other

2

Description

In experiment group, in addition to receiving the usual care group will participate in self management program. self management program with a day 4-hour workshop shall be conducted with patients with primary hypertension, in its first workshop and its objectives are described and will interact with participant (formation of patient-provider partnership skill). Then educational materials about the nature of the disease, hypertension, risk factors, complications and control procedures, and complications of drug therapy (medical management areas), strengthening behavior and changes in health behavior (role management areas) and methods of stress reduction and management emotions such as anger, fear and despair, and ... (emotional management) by the researcher to speak at 100 minutes in two 50-minute rest period between the two lectures will be presented in 15 minutes. The second part of workshop, which takes 2 hours, then will designed Scenarios in relation to situations where patients with hypertension, may be faced with it, and discussion in small groups, patient information used in the workshop and Finally, is characterized by the correct way to handle situations designed to strengthen problem-solving skills, decision making skills. Also in workshop in the correct way to measure blood pressure, patients are taught and practiced and will ensure that the patient is taught how to correctly measure your blood pressure. The intervention focused on increasing acceptance of diet, nutrition, weight loss, reduced sodium intake, regular

physical activity of moderate (walking every day) and smoking cessation and medication regimen is adhered.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center Of Tehran University Of Medical Sciences

Full name of responsible person

Omolhoda Kaveh Savadkooh

Street address

Tohid square, Faculty of Nursing and Midwifery

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University Of Medical Sciences

Full name of responsible person

Mr Dr Photoohi, University Research Assistant

Street address

Ghods street

City

Tehran

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Tehran University Of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

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Position

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Other areas of specialty/work

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Other areas of specialty/work

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Web page address	<i>empty</i>
Sharing plan	Informed Consent Form
	<i>empty</i>
Deidentified Individual Participant Data Set (IPD)	Clinical Study Report
<i>empty</i>	<i>empty</i>
Study Protocol	Analytic Code
<i>empty</i>	<i>empty</i>
Statistical Analysis Plan	Data Dictionary
	<i>empty</i>