

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Effect of Education based on the Theory of Planned Behavior on the Behaviors related to the prevention and control of High Blood Pressure in Police Officers

Protocol summary

Study aim

Prevention and control of high blood pressure in police officers

Design

Bojnord city, North Khorasan province Randomized controlled trial

Settings and conduct

Bojnord city, North Khorasan province Randomized controlled trial

Participants/Inclusion and exclusion criteria

Age between 30 and 65 years Having high blood pressure No heart disease Secondary hypertension

Intervention groups

Police officers

Main outcome variables

Blood pressure and blood fat

Phone

+98 915 642 6624

Email address

afra.homayon@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-01-10, 1402/10/20

Expected recruitment end date

2024-01-30, 1402/11/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20231210060325N1**

Registration date: **2023-12-20, 1402/09/29**

Registration timing: **prospective**

Last update: **2023-12-20, 1402/09/29**

Update count: **0**

Registration date

2023-12-20, 1402/09/29

Registrant information

Name

Iran Afra

Name of organization / entity

Country

Iran (Islamic Republic of)

Scientific title

Effect of Education based on the Theory of Planned Behavior on the Behaviors related to the prevention and control of High Blood Pressure in Police Officers

Public title

Effect of Education based on the Theory of Planned Behavior on the Behaviors related to the prevention and control of High Blood Pressure in Police Officers

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 30 and 65 years Having high blood pressure No history of chronic diseases

Exclusion criteria:

History of open heart Strokes and heart attacks
Secondary hypertension

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

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**Ethics Committee of Baqiyatullah University of
Medical Sciences**Street address**

Mulla Sadra Sheikh Baha'i

City

Tehran

Province

Tehran

Postal code

1435916471

Approval date

2023-11-20, 1402/08/29

Ethics committee reference number

IR.BMSU.BAQ.REC.1402.080

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

blood pressure

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

blood pressure

Timepoint

One to three months

Method of measurement

Using a blood pressure monitor

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: police officers

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Imam Sajjad Police Force Clinic

Full name of responsible person

Homayon afra

Street address

Baskol Crossroads

City

Bojnord

Province

North Khorasan

Postal code

9413718154

Phone

+98 58 3222 2070

Email

afra.homayon@gmail.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Baqiyatullah University

Street address

Mulla Sadra Sheikh Baha'i

City

Tehran

Province

Tehran

Postal code

1435916471

Phone

+98 21 8755 4574

Email

afra.homayon@gmail.com

Grant name**Grant code / Reference number**

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

Yes

Title of funding source

Bagheiat-allah University of Medical Sciences

Proportion provided by this source

20

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**

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Homayon afra

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

Nawab 12

City

Bojnord

Province

North Khorasan

Postal code

9413718154

Phone

+98 58 3229 3474

Email

afra.homayon@gmail.com

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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Homayon afra

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

Navab 12

City

Bojnord

Province

North Khorasan

Postal code

9413718154

Phone

+98 58 3229 3474

Email

afra.homayon@gmail.com

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

Bagheiat-allah University of Medical Sciences

Full name of responsible person

Homayon afra

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

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Email

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

The information will be provided to the university for use

When the data will become available and for how long

after finishing the work

To whom data/document is available

Baqiyatullah University of Medical Sciences

Under which criteria data/document could be used

Prevention and control of high blood pressure

From where data/document is obtainable

Baqiyatullah University of Medical Sciences

What processes are involved for a request to access data/document

After obtaining the university's approval
Comments