Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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

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)
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

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
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+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
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Person responsible for updating data

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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