Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Investigating the effect of micro-learning training on Adherence to Treatment and health-promoting behaviors in patients with Hypertension referred to Fasa comprehensive health centers

Protocol summary

Study aim

Determining the effect of microlearning training on treatment adherence and health-promoting behaviors in elderly people with hypertension referring to comprehensive health centers in Fasa city in 1404

Design

The clinical trial has two intervention and control groups, which are single-blind and randomization is performed, and the sample size is 72 people.

Settings and conduct

This study is conducted in selected comprehensive health centers in Fasa, and two markers with similar demographic information are selected from among the four existing centers, and then it is randomly determined that odd-day clients will be placed in the control group and even-day clients will be placed in the control group.

Participants/Inclusion and exclusion criteria

Entry criteria: 1. Willingness to participate in the study 2. Ability to speak and read Persian 3. Age over 60 years(2) 4. Patients with pre-hypertension (standard blood pressure is systolic 130 and diastolic 80) (2) 5. No history of participating in blood pressure control training courses in the past 2 months. 6. Ability and capability to use mobile phones and virtual messengers Failure to enter . Unwillingness to continue cooperating in the study 2. Absence from 2 or more training sessions 3. Failure to complete questionnaires 4. Arbitrary use or non-use of medications without regard to the doctor's prescription

Intervention groups

In the intervention group, educational materials are sent piecemeal via mobile phone using the microlearning method in the form of images, short videos, etc., to ultimately assess the level of adherence to treatment and health-promoting behaviors.

Main outcome variables

Treatment adherence Health promoting behaviors

General information

Reason for update

Acronym

MLS

IRCT registration information

IRCT registration number: **IRCT20250703066344N1**

Registration date: **2025-09-19, 1404/06/28**

Registration timing: **prospective**

Last update: **2025-09-19, 1404/06/28**

Update count: **0**

Registration date

2025-09-19, 1404/06/28

Registrant information

Name

mohammad abadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5335 0055

Email address

m.abadi@jums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2025-10-23, 1404/08/01

Expected recruitment end date

2025-12-21, 1404/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Investigating the effect of micro-learning training on Adherence to Treatment and health-promoting behaviors in patients with Hypertension referred to Fasa comprehensive health centers

Public title
Investigating the effect of micro-learning training on Adherence to Treatment and health-promoting behaviors in patients with Hypertension

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
All patients with high blood pressure over 60 years of age Patients with stage 1 hypertension (standard blood pressure is systolic 140 and diastolic 90) Ability and capability to use mobile phones and social media Willingness to participate in the study No history of participating in blood pressure control training courses in the past 2 months.

Exclusion criteria:
Unwillingness to continue cooperating in the study Absence from 2 or more training sessions Defects in completing questionnaires Arbitrary use or non-use of medications without regard to the doctor's prescription

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description
First, we identify the list of comprehensive health centers in Fasa County, and since Fasa County has 4 comprehensive health centers, we select two centers in such a way that the research population is homogeneous, that is, we select two centers in such a way that the demographic and cultural characteristics of the community are similar.From the two selected centers, to randomly determine the intervention and control groups, we draw lots on even and odd days to determine the intervention and control groups. (For example, patients who visit on odd days are placed in the intervention group after reviewing the study entry criteria).Since patients are initially unaware of their placement in the control and intervention groups, a single-blind method will be used. Then, for the considered groups (control and intervention), a meeting will be held in each of the selected comprehensive health centers to familiarize themselves with the process and obtain informed consent from Participants are informed of the research objectives and assured of the study participants, and that patients can withdraw from the study at any time if they decide not to continue. Then, in the next session, patients are asked to read and complete the required questionnaires for the study.

Blinding (investigator's opinion)
Single blinded

Blinding description
First, we identify the list of comprehensive health centers in Fasa County, and since Fasa County has 4 comprehensive health centers, we select two centers in such a way that the research population is homogeneous, that is, we select two centers in such a way that the demographic and cultural characteristics of the community are similar.From the two selected centers, to randomly determine the intervention and control groups, we draw lots on even and odd days to determine the intervention and control groups. (For example, patients who visit on odd days are placed in the intervention group after reviewing the study entry criteria).Since patients are initially unaware of their placement in the control and intervention groups, a single-blind method will be used.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Jahrom University of Medical Sciences

Street address
Motahari Street, Jahrom University of Medical Sciences

City
jahrom

Province
Fars

Postal code
7414846199

Approval date
2025-08-19, 1404/05/28

Ethics committee reference number
IR.JUMS.REC.1404.064

Health conditions studied

1

Description of health condition studied
hypertension

ICD-10 code
I10

ICD-10 code description
Essential (primary) hypertension

Primary outcomes

1

Description
Treatment adherence score of the Medanloo questionnaire
Timepoint
This variable is measured at the beginning of the period, at the end of the period, and finally one month later.
Method of measurement
Medanloo Treatment Compliance Questionnaire

2

Description
Health-promoting behaviors
Timepoint
This variable is measured at the beginning of the period, at the end of the period, and finally one month later.
Method of measurement
Walker Health Promoting Lifestyle Questionnaire (HPLP)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Intervention group: Using the microlearning method, the necessary training on treatment adherence and health-promoting lifestyle is prepared, and educational materials are sent to the intervention group using the online platform and available messaging services, and patients' questions are answered online, and patients themselves receive and study the materials they need.
Category
N/A

2

Description
Control group: After completing the research questionnaires by the patients, it will be explained that no action or intervention will be taken for them during the one-month research period, and at the end of the period, the patients will be invited again to complete the questionnaires. Also, after another month, the patients will be invited again to complete the questionnaires.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Comprehensive health service centers in Fasa County
Full name of responsible person
Mohammad Abadi
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Falsazin Street, Fasa Comprehensive Health Services Center
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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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
Jahrom 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
Jahrom University of Medical Sciences
Full name of responsible person
Ali Dehghani
Position
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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