Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of self-care education based on the BASNEF model on treatment adherence and life expectancy of elderly people with hypertension

Protocol summary

Study aim
Investigating the effect of self-care education based on the BASNEF model on treatment adherence and life expectancy of elderly people with hypertension

Design
A controlled clinical trial with parallel groups, without blinding, randomized, on 96 patients. Randomization computer software will be used for randomization in this study.

Settings and conduct
Eligible elderly people who visit Nik-e-Iqbal clinics and Health Center No. 1 in Jahrom during the study period will be included in the study after obtaining informed consent. Participants will be randomly assigned to two intervention and control groups using random selection computer software. This study will be conducted without blinding, but the data analyst will not be aware of the type of intervention.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Age over 60 years, ability to read and write in Persian, blood pressure grade 1 and 2, and willingness to participate in the study. Exclusion criteria: Physical disability, diseases affecting hypertension such as rheumatoid arthritis, mental disorders, and addiction to drugs or psychotropic substances.

Intervention groups
Intervention group: Participants in this group will participate in a training program based on the BASNEF model. The program will consist of four face-to-face training sessions, one session per week for two hours, over four weeks. The training will include awareness of hypertension, modification of beliefs and attitudes, training in self-care skills (nutrition, physical activity, medication use, stress management), and strengthening life expectancy. Control group: Participants in this group will receive only routine care (routine medical follow-ups, prescription medications, and general advice) from health centers without any special training.

Main outcome variables
Treatment adherence, life expectancy

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250521065829N1**
Registration date: **2025-07-27, 1404/05/05**
Registration timing: **prospective**

Last update: **2025-07-27, 1404/05/05**
Update count: **0**

Registration date
2025-07-27, 1404/05/05

Registrant information

Name
Sahar Erfanmanesh

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 71 5444 7978

Email address
erfanmanesh.sahar@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-09-01, 1404/06/10

Expected recruitment end date
2025-12-01, 1404/09/10

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of self-care education based on the BASNEF model on treatment adherence and life expectancy of elderly people with hypertension

Public title
The effect of self-care education based on the BASNEF model on treatment adherence and life expectancy of elderly people with hypertension
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Informed consent to participate in research Diagnosis of hypertension by a doctor in patients with elevated blood pressure, stage one or two Literacy Age over 60 years
Exclusion criteria:
Physical disability Having diseases that affect high blood pressure, such as Rheumatoid arthritis and kidney disease Having mental disorders Addiction to drugs or other psychoactive substances
Age
From **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **96**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, two health centers with similar demographic and service characteristics, including Health Center No. 1 in Jahrom and Nik Eghbal Health Center, will be selected. Then, using a lottery method, one center will be assigned as the intervention group and the other as the control group. After determining the groups, a list of elderly patients with hypertension covered by each center will be prepared, and each individual will be assigned an identification code. Participant selection in each center will be carried out using a simple random sampling method and random number generator software to ensure equal chances for all individuals to enter the study. Finally, 48 participants from the designated intervention center and 48 participants from the control center will be randomly selected.
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
Research Ethics Committees of Jahrom University of Medical Sciences
Street address
Pardis Site, Jahrom University of Medical Sciences, Ostad Motahari Street, Jahrom, Fars Province, Iran
City
Jahrom
Province
Fars
Postal code
74148-46199
Approval date
2025-04-15, 1404/01/26
Ethics committee reference number
IR.JUMS.REC.1404.007

Health conditions studied

1

Description of health condition studied
Blood pressure
ICD-10 code
R03
ICD-10 code description
Abnormal blood-pressure reading, without diagnosis

Primary outcomes

1

Description
Treatment adherence
Timepoint
Before and two months after the intervention
Method of measurement
Medanlou questionnaire

2

Description
Life expectancy
Timepoint
Before and two months after the intervention
Method of measurement
Snyder Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group: Participants in this group received a structured educational program based on the BASNEF model. The intervention consisted of four weekly face-to-face sessions, each lasting two hours, conducted over a four-week period. The sessions included education on hypertension and its complications, correction of misconceptions and negative attitudes, training in self-care skills (such as proper nutrition, physical activity, medication adherence, and stress management), and enhancement of hope and motivation. The educational content was delivered through group discussions, PowerPoint presentations, pamphlets, and booklets. After the sessions, two follow-up visits were conducted to reinforce the training and answer participants' questions.

Category
Lifestyle

2

Description
Control group: Participants in this group received no special training and were only provided with routine care at health centers. Routine care included routine medical follow-ups, prescription medications, and general health advice.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Nik Iqbal Clinic, Jahrom City

Full name of responsible person
Sahar Erfanmanesh

Street address
Imam Reza Street, Adib Street, Farhangshahr, Jahrom

City
Jahrom

Province
Fars

Postal code
7413653335

Phone
+98 71 5447 5608

Email
erfanmanesh.sahar@gmail.com

2

Recruitment center

Name of recruitment center
Clinic No. 1 in Jahrom City

Full name of responsible person
Sahar Erfanmanesh

Street address
Clinic Number One, Molavi Street, Motahari Boulevard, Koshkak District, Jahrom, Fars Province

City
Jahrom

Province
Fars

Postal code
7413653335

Phone
+98 71 5447 5608

Email
erfanmanesh.sahar@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Jahrom University of Medical Sciences

Full name of responsible person
Amir Abdoli

Street address
Vice-Chancellor for Research, Jahrom University of Medical Sciences, Motahari Blvd, Jahrom, Fars Province

City
Jahrom

Province
Fars

Postal code
74148-46199

Phone
+98 71 5434 1501

Email
research@jums.ac.ir

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

Sahar Erfanmanesh

Position
Master's Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

Street address
Pardis Campus, Jahrom University of Medical Sciences, After Nursing School, Ostad Motahari Street, Jahrom, Fars Province, Iran

City
Jahrom

Province
Fars

Postal code
7414846199

Phone
+98 71 5447 5608

Email
erfanmanesh.sahar@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Jahrom University of Medical Sciences

Full name of responsible person
Sahar Erfanmanesh

Position
Master's Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

Street address
Pardis Campus, Jahrom University of Medical Sciences, After Nursing School, Ostad Motahari Street, Jahrom, Fars Province, Iran

City
Jahrom

Province
Fars

Postal code
7414846199

Phone
+98 71 5447 5608

Email
erfanmanesh.sahar@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Jahrom University of Medical Sciences

Full name of responsible person
Sahar Erfanmanesh

Position
Master's Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

Street address
Pardis Campus, Jahrom University of Medical Sciences, After Nursing School, Ostad Motahari Street, Jahrom, Fars Province, Iran

City
Jahrom

Province
Fars

Postal code
7414846199

Phone
+98 71 5447 5608

Email
erfanmanesh.sahar@gmail.com

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