Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Compare the effects of two educational methods of direct and indirect self-care program on Quality of life of hypertension patients

Protocol summary

Summary

The aim in this study is done to compare the effects of two educational methods of direct and indirect self-care on Quality of life of hypertension patients . 90 patients referee to medical clinics will randomly select and placed into three groups.Patients will complete quality of life questionnaires before training. Then a self-care educational program based on Orem Self Care Model Designing and in first group of patients will implemented by direct education. In second group of educational teaching package to be given to them to read at home. The third group do not receive any training . Two months after the program, three groups complete quality of life questionnaire again.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201302038348N4**
Registration date: **2013-03-16, 1391/12/26**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-03-16, 1391/12/26

Registrant information

Name
Neda Mirbagher
Name of organization / entity
Kashan University of Medical Science
Country
Iran (Islamic Republic of)
Phone
+98 36 1555 0021
Email address
mirbagher_n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2012-12-05, 1391/09/15

Expected recruitment end date

2013-05-05, 1392/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Compare the effects of two educational methods of direct and indirect self-care program on Quality of life of hypertension patients

Public title

Compare the effects of education program on Quality of life of hypertension patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age 35-65years,Patients with primary hypertension,Literacy,Good physical condition and be willing to receive education, At least one year and be more patient with hypertension Exclusion criteria: Receive education from other sources, Patients with Blood Pressure crisis

Age

From **35 years** old to **65 years** old

Gender

Both

Phase

1

Groups that have been masked
No information
Sample size
Target sample size: **90**
Randomization (investigator's opinion)
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
Kashan University of Medical Sciences
Street address
Kashan, Ravand, kashan University of Medical Science
City
Kashan
Postal code
Approval date
2012-05-06, 1391/02/17
Ethics committee reference number
8838

Health conditions studied

1

Description of health condition studied
hypertension
ICD-10 code
I00-I99
ICD-10 code description
Hypertensive diseases

Primary outcomes

1

Description
Direct education
Timepoint
Before and after two month
Method of measurement
Questionnaire

2

Description
Indirect education
Timepoint
Before and after two month
Method of measurement
Questionnaire

Secondary outcomes

1

Description
Blood Pressure
Timepoint
After two month
Method of measurement
Mercury sphygmomanometer

2

Description
Qulity of life
Timepoint
Before and after two month
Method of measurement
Quality of life questionnaire sf36

Intervention groups

1

Description
Direct education group: Direct education is in two sessions in the classroom at two hours.
Category
Prevention

2

Description
Indirect education group: Educations are packages to patients.
Category
Prevention

3

Description
Control group: Do not receive any education.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Centers of Kashan University of Medical Sciences
Full name of responsible person

Neda Mirbagher

Street address

Parastar Street, Ravand, Kashan University of Medical

City

Kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Street address

Parastar Street , Ravand, Kashan University of Medical

City

Kashan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Ms

Other areas of specialty/work

Street address

Parastar Street, Ravand, Kashan University of Medical

City

Kashan

Postal code

Phone

+98 36 1555 0021

Fax

+98 55 56633

Email

mirbagher_n@kaums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Ms

Other areas of specialty/work

Street address

Parastar Street, Ravand, Kashan University of Medical

City

Kashan

Postal code

Phone

+98 36 1555 0021

Fax

Email

mirbagher_n@kaums.ac.irsalam_20012003@yahoo.co.uk

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Ms

Other areas of specialty/work

Street address

Parastar Street, Ravand, Kashan University of Medical

City

Kashan

Postal code

Phone

+98 36 1555 0021

Fax

+98 55 56633

Email

salam_20012003@yahoo.co.uk

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty