

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

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

Protocol summary

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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.

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

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

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

Quality 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

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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