

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

03 Jul 2026

### Design, implementation and evaluation of educational intervention based on the theory of planned behavior on salt intake of people at risk of high blood pressure

#### Protocol summary

##### Summary

This study aimed to design, implement and evaluate the impact of educational interventions based on the theory of planned behavior on people at risk of hypertension, salt intake will be done. After obtaining the code of ethics of the research ethics committee, we conducted a qualitative study in accordance with the instructions in the theory of planned behavior, attitudes, subjective norms, and perceived behavioral control 25 patients achieved the target group during the interview. After preparing the questionnaire, The indirect method will be performed to measure the structure of the model. A questionnaire will be designed to measure the direct method and then determine the psychometric indices and measures then, sampling will be begun. Inclusion criteria: adults 50-20 years with systolic blood pressure 120-139 mmHg and diastolic 80-89 mm Hg; willingness to participate in the study, lack of birth defects (to say participant); residing in Yazd will be studied. Exclusion criteria: hypertension, use of antihypertensive drugs, pregnancy. 24-hour urine) will be done and then package the control group (70 people) will be provided.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201701108803N3**  
Registration date: **2017-02-28, 1395/12/10**  
Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2017-02-28, 1395/12/10

##### Registrant information

##### Name

Tahereh Rahimdel

##### Name of organization / entity

Yazd Shahid Sadoughi University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3726 6711

##### Email address

rahimdel@ssu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

International Campuse of yazd Shahid Sadoughi University of Medical Sciences

##### Expected recruitment start date

2017-03-05, 1395/12/15

##### Expected recruitment end date

2017-04-19, 1396/01/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Design, implementation and evaluation of educational intervention based on the theory of planned behavior on salt intake of people at risk of high blood pressure

##### Public title

The effect of education on salt intake of people at risk of hypertension

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: adults 20-50 years with systolic blood

pressure of 120-139 mmHg and diastolic 80-89 mm Hg; willingness to participate in study; lack of congenital diseases (According to one participant said) ; residing in Yazd Exclusion criteria: hypertensive; use of antihypertensives ; Pregnancy

#### Age

From **20 years** old to **50 years** old

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **140**

#### 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

Research Ethics Committee of the School of Public Health

##### Street address

School of Public Health, Shahid Sadoughi University of Medical Sciences, Shohaday-e-Gomnam Blvd., Alem Sq., Yazd, Iran

##### City

Yazd

##### Postal code

Iran

#### Approval date

2017-01-25, 1395/11/06

#### Ethics committee reference number

IR.SSU.SPH.REC.1395.133

## Health conditions studied

### 1

#### Description of health condition studied

salt intake

#### ICD-10 code

Z72.9

#### ICD-10 code description

Persons encountering health services in other circumstances

## Primary outcomes

### 1

#### Description

24 hour urinary sodium

#### Timepoint

first and 2 months after intervention

#### Method of measurement

urinary sodium measurement

## Secondary outcomes

### 1

#### Description

blood pressure

#### Timepoint

first of study and after 2 months of intervention

#### Method of measurement

mercury manometer

## Intervention groups

### 1

#### Description

Giving Necessary education to intervention group

#### Category

Prevention

### 2

#### Description

At the end of study, educational package will give to control group

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Afshar prevention of heart diseases clinic

##### Full name of responsible person

##### Street address

##### City

Yazd

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

International campuse of shahid sadoughi university

of medical sciences

**Full name of responsible person**

Dr mohammad hassan sheikhha

**Street address**

5th km Bafq Old Rd., Yazd , Iran-International Campus of the University

**City**

Yazd

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

International campuse of shahid sadoughi 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**

Yazd Shahid Sadoughi University of Medical Sciences

**Full name of responsible person**

Tahereh Rahimdel

**Position**

master of science/ Chief Medical Sciences University Research Experts

**Other areas of specialty/work**

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Tahereh Rahimdel

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master of sciences/ Chief Medical Sciences University Research Experts

**Other areas of specialty/work**

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**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*