Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 begined. 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)

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Email address

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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 measurment

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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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