

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

Effect of applying of homecare education versus no education on diet compliance in patients in patients with high blood pressure: a randomized clinical trial

Protocol summary

Summary

Objectives: To assess the effect of homecare education versus no education on diet compliance in patients with high blood pressure. Design: A randomized clinical trial. Setting and conduct: The eligible patients with high blood pressure who will refer to Farshchian Heart Hospital during the study period will be enrolled into the trial. Inclusion criteria: Age of 30 to 60 years; primary hypertension; at least one history of the disease; ability to speak Persian; literate; possibility of direct phone call to the patient's house. Exclusion criteria: Chronic diseases such as cancer, renal failure, diabetes, and hyper-thyroiditis. Intervention group: Routine care plus face-to-face education for 30 to 45 min one a week for 3 weeks. Control group: Just routine care. Primary outcome: Diet compliance before intervention and 2 months after that using standard questionnaire. Randomization: The patients will be randomly assigned to intervention and control groups using block randomization. Blinding: Not possible.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201704149014N157**
Registration date: **2017-04-27, 1396/02/07**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-04-27, 1396/02/07

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan
University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research and Technology, Hamadan
University of Medical Sciences

Expected recruitment start date

2017-04-21, 1396/02/01

Expected recruitment end date

2017-09-22, 1396/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of applying of homecare education versus no education on diet compliance in patients in patients with high blood pressure: a randomized clinical trial

Public title

Effect of applying of homecare education versus no education on diet compliance in patients with high blood pressure

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age of 30 to 60 years; primary

hypertension; at least one history of the disease; ability to speak Persian; literate; possibility of direct phone call to the patient's house. Exclusion criteria: Chronic diseases such as cancer, renal failure, diabetes, and hyper-thyroiditis.

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **84**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomization: The patients will be randomly assigned to intervention and control groups using block randomization. Blinding: Not possible.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Hamadan University of Medical Sciences

Street address

Vice-chancellor for Research the Technology,
Hamadan University of Medical Sciences, Shahid
Fahmideh Ave

City

Hamadan

Postal code

6517838695

Approval date

2017-04-08, 1396/01/19

Ethics committee reference number

IR.UMSHA.REC.1396.41

Health conditions studied

1

Description of health condition studied

Primary hypertension

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

Diet compliance

Timepoint

before intervention and 2 months after that

Method of measurement

using standard questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Routine care plus face-to-face education for 30 to 45 min one a week for 3 weeks.

Category

Other

2

Description

Control group: Just routine care.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Farshchian Heart Hospital

Full name of responsible person

Shahla Fakhazizi

Street address

Farshchian Heart Hospital, Shahid Fahmideh Ave.

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for Research and Technology,
Hamadan University of Medical Sciences

Full name of responsible person

Dr Saeid Bashirian

Street address

Hamadan University of Medical Sciences, Shahid
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City

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice-chancellor for Research and Technology, Hamadan
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

Farshchian Heart Hospital

Full name of responsible person

Shahla Fakhazizi

Position

Nursing Student

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Department of Epidemiology

Full name of responsible person

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Associate Professor

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