

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Motivational Interviewing Effects on Hypertensive Patients attended to health centers of Gorgan city in 2014

Protocol summary

Summary

The current survey aimed to investigate the motivational interviewing effects as a new technique compared to the usual care among hypertensive Iranian patients.

Methods: A randomized control trial was implemented. Participants of 140 were allocated in the two groups, randomly included motivational interviewing (intervention group) and usual care (control group). The intervention was done through a psychologist who was authorized, each group ranged from 7 to 10 subjects that trained for 6 sessions over six months (45 to 60 minutes for each session); while, usual education was done by a health center staff using a lecture and pamphlet about hypertension for six months (each session sized from 7 to 10 samples and was 30 to 45 minutes and 1 session per month). Inclusion criteria were as follows: 1) patients diagnosed with hypertension by a physician; 2) patients who received one antihypertensive medication at least; 3) patients who agreed to participate in the survey and more than 18 years old. Excluded criteria were as: 1) pregnant women and being pregnant during the study and 2) secondary hypertensive patients. The main variables were behavior change of patients about regular physical activity, healthy dietary habits, smoking cessation, reducing stress and adherence to medication that tested in pre-test and 6 month follow-up.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014113017736N3**

Registration date: **2014-12-15, 1393/09/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-12-15, 1393/09/24

Registrant information

Name

Seyed Kamaladdin Mirkarimi

Name of organization / entity

Golestan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 17 1553 2872

Email address

k.mirkarimi@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Golestan University of Medical Sciences

Expected recruitment start date

2014-02-05, 1392/11/16

Expected recruitment end date

2014-11-02, 1393/08/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Motivational Interviewing Effects on Hypertensive Patients attended to health centers of Gorgan city in 2014

Public title

Motivational Interviewing Effects on Hypertensive Patients

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria were as follows: 1) patients diagnosed

with hypertension by a physician; 2) patients who received one antihypertensive medication at least; 3) patients who agreed to participate in the survey and more than 18 years old. Excluded criteria were as: 1) pregnant women and being pregnant during the study and 2) secondary hypertensive patients.

Age

From **18 years** old to **139 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)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Golestan University of Medical Science

Street address

4 Kilometer of Gorgan-Sari road, Falsafi educational campus, technology and research department

City

Gorgan

Postal code

Approval date

2014-01-27, 1392/11/07

Ethics committee reference number

930942173

Health conditions studied

1

Description of health condition studied

Healthy lifestyle

ICD-10 code

Z91.8

ICD-10 code description

Maltreatment NOS

Primary outcomes

1

Description

The laboratory and clinical indices (systolic blood pressure, the diastolic blood pressure, triglyceride level and total cholesterol, the symptoms of hypertension, and the complications of hypertension)

Timepoint

Baseline (pre-test)

Method of measurement

Laboratory and clinical sheet

2

Description

Blood pressure

Timepoint

Baseline (pre-test)

Method of measurement

Blood test, when patient in sitting position, 5 minutes after sitting from the left arm

3

Description

Treatment Adherence

Timepoint

Baseline (pre-test)

Method of measurement

Treatment Adherence Questionnaire of Patients with Hypertension (TAQPH)

4

Description

Demographic status (included age, gender, marital status, educational level and diagnosis duration)

Timepoint

Baseline (pre-test)

Method of measurement

Demographic questionnaire

5

Description

Self-efficacy

Timepoint

Baseline (pre-test)

Method of measurement

General Self-Efficacy Scale (GSES)

6

Description

Quality of life

Timepoint

Baseline (pre-test)

Method of measurement

Medical outcomes study 36- item short form (SF-36)

Secondary outcomes

1

Description

Quality of life

Timepoint

Follow-up after 6 month

Method of measurement

Medical outcomes study 36- item short form (SF-36)

2

Description

Self-efficacy

Timepoint

Follow-up after 6 month

Method of measurement

General Self-Efficacy Scale (GSES)

3

Description

Treatment Adherence

Timepoint

Follow-up after 6 month

Method of measurement

Treatment Adherence Questionnaire of Patients with Hypertension (TAQPH)

4

Description

The laboratory and clinical indices (systolic blood pressure, the diastolic blood pressure, triglyceride level and total cholesterol, the symptoms of hypertension, and the complications of hypertension)

Timepoint

Follow-up after 6 month

Method of measurement

Laboratory and clinical sheet

5

Description

Blood pressure

Timepoint

Follow-up after 6 month

Method of measurement

Blood test, when patient in sitting position, 5 minutes after sitting from the left arm

Intervention groups

1

Description

Control group: the content of this group included the recommendations and information in terms of change healthy lifestyle and adherence to treatment that conducted by a health center staff using a lecture and pamphlet about hypertension for six months (each session sized from 7 to 10 samples and was 30 to 45

minutes and 1 session per month)

Category

Lifestyle

2

Description

Motivational interviewing group: the intervention was done through a psychologist who was authorized, each group ranged from 7 to 10 subjects that trained for 6 sessions over six months (45 to 60 minutes for each session). It focused on the behavior change of patients regarding regular physical activity, healthy dietary habits, smoking cessation, reducing stress and taking medication on time. The psychologist asked the participants to record their daily diary, adherence to medication, smoking, dietary habits, physical activity, illness perception, physical and mental health. motivational interviewing session was implemented in the health center.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Number 1 and 3 health centers located in Gorgan

Full name of responsible person

Seyyed Kamal Mirkarimi

Street address

no 19, 3rd sima alley, Vali-asr street, Gorgan city, Golestan province

City

Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Golestan University of Medical Science (Technology and Information Department)

Full name of responsible person

Seyyed Kamal Mirkarimi

Street address

kilometer 4 Gorgan- Sari road, Falsafi campus, Technology and Research Deptment

City

Gorgan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Golestan University of Medical Science (Technology and Information Department)

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
Golestan University of Medical Science
Full name of responsible person
Seyyed Kamal Mirkarimi
Position
Ph.D candidate
Other areas of specialty/work
Street address
no 19, 3rd sima alley, Vali-asr street
City
Gorgan
Postal code
Phone
+98 17 3253 2872
Fax
Email
k.mirkarimi@goums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Golestan University of Medical Science
Full name of responsible person
Seyyed Kamal Mirkarimi
Position
Ph.D candidate
Other areas of specialty/work
Street address
no 19- 3rd alley- 57avenue- Gorgan- Golestan province- Iran
City
47178

Postal code
4917
Phone
+98 17 3253 2872
Fax
Email
ak.mirkarimi@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Technology and Information Department of Golestan University of Medical Science
Full name of responsible person
Seyyed Kamal Mirkarimi
Position
Ph.D candidate of Health Education and Promotion Model
Other areas of specialty/work
Street address
no 19- 3rd alley- Vali-asr Street- Gorgan- Golestan province
City
Gorgan
Postal code
Phone
+98 17 3253 2872
Fax
Email
k.mirkarimi@goums.ac.ir
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