Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Nov 2026

Assessing the effect of multimedia self-care educational program on quality of life in hypertensive patients

Protocol summary

Summary

The main objective: to determine the effect of multimedia self-care educational program on quality of life in hypertensive patients Inclusion criteria: age 18 and over, there is a definite diagnosis of hypertension by a physician , anti hypertensive medication for at least 3 months, a minimum of literacy, lack of sensory perception problems, disorders of vision, hearing and communication Exclusion criteria: absence of more than one of the training sessions for groups wanting to continue to participate in the study .The sample size in this study is 35 patients in each treatment group . for Patients in the intervention group, training sessions in hospital care was provided by the researcher, The meeting was scheduled for 20 minutes and sometimes up to 60 minutes according to patient need . the intervals between sessions is two days. They are trained to teach a group of up to 10 people with questions and answers, PowerPoint, and providing educational package leaflet and booklet and a CD with pictures and videos of training the content. Sf-36 quality of life questionnaire will be use, before and three months after the intervention for both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014060517980N1**
Registration date: **2015-01-22, 1393/11/02**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-01-22, 1393/11/02

Registrant information

Name
Maryam Shahidi
Name of organization / entity
Tehran University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source
Vice Chancellor for Research of Tehran University of Medical Sciences

Expected recruitment start date

2014-05-22, 1393/03/01

Expected recruitment end date

2014-08-22, 1393/05/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of multimedia self-care educational program on quality of life in hypertensive patients

Public title

Impact on quality of life of patients with hypertension

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria :Age over 18 years;There is a definite diagnosis of hypertension by a physician ؛ History of blood pressure; medication for at least 3 months؛ minimal literate؛ Lack of understanding ;sensory problems; impairment of vision, Hearing and

communication and Exclusion criteria : Absence of more than one of the training sessions for groups ;wanting to continue to participate in the study .

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

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
Tehran University of Medical Sciences Ethics Committee

Street address
(Quds Street,tehran)

City
tehran

Postal code

Approval date
2014-04-16, 1393/01/27

Ethics committee reference number
130/105 /93/د

Health conditions studied

1

Description of health condition studied
Hypertension

ICD-10 code
I10,I15

ICD-10 code description
High blood pressure Hypertension

Primary outcomes

1

Description
Quality of life

Timepoint
Before the intervention , Three months after the intervention

Method of measurement
Questionnaire SF-36

Secondary outcomes

empty

Intervention groups

1

Description
"Intervention group: Multimedia Self Care Educational"

Category
Other

2

Description
"Control group:Without Intervention"

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Mahmoodabad Shohada Hospital

Full name of responsible person
Maryam shahidi

Street address
Shohada Hospital, Mahmoodabad

City
Mahmoodabad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for research of Tehran University of Medical Sciences

Full name of responsible person
Masoud Yunesian

Street address
Tehran University of Medical Sciences, Quds Street, Keshavarz Blvd, Tehran

City
Tehran

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 of Tehran 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

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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