

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Evaluating the effectiveness of an education lifestyle modification program on knowledge, attitude & practice in patients with hypertension was done angioplasty in who referred to Isfahan Chamran Hospital 2014

#### Protocol summary

##### Summary

Background: Hypertension is an established risk factor for atherosclerosis, coronary artery diseases, the main risk factor for other many diseases, and causes more than 7 million deaths per year in the world. The aim of this study is determine the effectiveness of a life style modification program on Knowledge, attitude, practice on hypertensive patients with angioplasty. Methods: This study was a randomized clinical trial in Shahid Chamran hospital of Isfahan with 60 hypertensive patients who had angioplasty were randomly assigned to study (n = 30) and control (n = 30) groups. Data Collection was done performed in three stages. Intervention plan was 6 education sections that were in 3 weeks and phone call follow up was one a week during first month after the intervention in the experimental group. Data analyzed using descriptive and inferential test was performed by SPSS software version 20. Results: Before intervention, the mean score of Knowledge, attitude and practice had no significant difference between the two groups (p= 0/05), but immediately after the intervention and one month after the intervention the mean score of Knowledge, attitude and practice in the experimental group was significantly more than the control group(p=0/0001). The mean score of Knowledge, attitude and practice had no significant difference between the three times in the control group (p= 0/05 ); but in the experimental group the mean score of Knowledge, attitude and practice had significant difference between before the intervention with immediately after the intervention and one month after the intervention(p=0/0001 ). Conclusion: The lifestyle modification program is effective in promoting the Knowledge, attitude and practice hypertensive patients with angioplasty. Keywords: Lifestyle, knowledge, attitude, practice, hypertension

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015062420912N3**  
Registration date: **2015-07-01, 1394/04/10**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-07-01, 1394/04/10

##### Registrant information

##### Name

Mohsen Shahriari

##### Name of organization / entity

Isfahan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3792 2915

##### Email address

shahriari@nm.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Isfahan University of Medical Sciences

##### Expected recruitment start date

2014-11-22, 1393/09/01

##### Expected recruitment end date

2015-01-21, 1393/11/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

Evaluating the effectiveness of an education lifestyle modification program on knowledge, attitude & practice in patients with hypertension was done angioplasty in who referred to Isfahan Chamran Hospital 2014

### Public title

Effects life style modification program on Knowledge, attitude, practice

### Purpose

Supportive

### Inclusion/Exclusion criteria

Inclusion criteria: - Age of 40 years and above. - Are living in the city. - Literacy have at least read and write. - Patients with systolic blood pressure of 140 mm Hg or diastolic blood pressure 90 mm Hg or more and have more. - Were not following special diet or treatment of obesity or thinness calming techniques such as yoga, meditation, and not (black and Hvkansvn 2009, p .1298. ( - According to the records, samples of acute cardiovascular disease such as high blood pressure secondary, type 1 and 2 diabetes, hormonal disorders, kidney disease and mental illness is not (Black and Hvkansvn 2009, p .1352. ( - The doctor confirmed the clinical condition is good and there is no limit to the intervention. - Did not participate in the educational program is to control blood pressure. Exclusion criteria: - If any of research units unwillingness to continue participating in the study were excluded. - Acute stress during the study will be deleted. - During the study, blood pressure change is large due to the need to change the dose of medication is prescribed. - If the subjects in the experimental group more than 2 sessions in the absence of their training sessions.

### Age

From **40 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **60**

### Randomization (investigator's opinion)

Randomized

### Randomization description

### Blinding (investigator's opinion)

Not blinded

### Blinding description

### Placebo

Not used

### Assignment

Single

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Isfahan University of Medical Sciences

##### Street address

Shiraz Gate, St thousand acres, Isfahan University of Medical Sciences

##### City

Isfahan

##### Postal code

##### Approval date

2014-11-22, 1393/09/01

##### Ethics committee reference number

393679

## Health conditions studied

### 1

#### Description of health condition studied

hypertension

#### ICD-10 code

2115-10<sub>o</sub>

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Knowledge

#### Timepoint

Before the intervention, immediately after the intervention and one month after the intervention

#### Method of measurement

Questionnaire

### 2

#### Description

attitude

#### Timepoint

before the intervention, immediately after the intervention and one month after the intervention

#### Method of measurement

Questionnaire

### 3

#### Description

practice

#### Timepoint

Before the intervention, immediately after the intervention and one month after intervention

#### Method of measurement

Questionnaire

## Secondary outcomes

empty

## Intervention groups

1

### Description

intervention Groups: group training program in six sessions over three weeks, held every 45 to 60 minutes during training sessions of lectures, Q & A and discussion is used and in cases of hypertension and complications risk factors, diet, physical activity, stress management, life, limit alcohol consumption, smoking and drug abuse prevention and , according to treatment of high blood pressure guidelines received training. It is worth noting that at the beginning of each session training manual that fits with the theme of the meeting was delivered to the sample. The second session after reviewing the previous session topics and answer questions about those issues before the performance review and feedback received over the past week. After running the program, by phone, on the educational content provided and follow the curriculum, overcome barriers, client questions and provide feedback incentives to correct knowledge, attitude and positive talk. Control group: two sessions of discussion about the experiences of people with high blood pressure, diet, exercise and reduce Vzrn was held.

### Category

Lifestyle

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

Chamran Hospital

#### Full name of responsible person

#### Street address

#### City

Isfahan

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

Isfahan University of Medical Sciences

#### Full name of responsible person

mehdi nemathbakhsh

#### Street address

isfahan

#### City

isfahan

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

Isfahan 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

Isfahan University of Medical Sciences

#### Full name of responsible person

fahimeh jafari

#### Position

msc

#### Other areas of specialty/work

#### Street address

Shiraz Gate, St thousand acres, Isfahan University of Medical Sciences

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+98 31 3441 8775

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#### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Nursing & Midwifery Care Research Center

#### Full name of responsible person

mohsen shahriri

#### Position

phd

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## Person responsible for updating data

### Contact

**Name of organization / entity**

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fahimeh jafari

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MSc Student

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**Postal code****Phone**

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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*