

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Cost-effectiveness of peer education on treatment adherence among elderly hypertensive client

Protocol summary

Study aim

Cost-effectiveness of peer education on treatment adherence among elderly hypertensive clients

Design

Randomized clinical trial

Settings and conduct

This study performed in health center no.3 of Mashhad University of Medical Sciences. At first, samples divided two groups randomly. In intervention group, 45-minute training sessions be held by peers on Blood Pressure Control for six weeks on Saturday for elderly people. During the implementation of the study, the direct costs of implementing peer education included human resource costs, including peer education costs, consumables and estimated training space, as well as the cost of passage and caregiver costs and the cost effectiveness of interventions in relation to the amount of mmHg reduction Blood pressure is calculated. In the control group only routine health care will be held for sixty weekly sessions for 45 minutes by the nurse. in control group direct costs of training sessions held by health center staff are estimated and per mmHg reduction in blood pressure is calculated and compared in intervention group. Blood pressure and Murisky questionnaire and researcher-made questionnaire will be completed before, after the end of the intervention, and three to six weeks later in the both groups.

Participants/Inclusion and exclusion criteria

History of at least 6 months of hypertension; hypertension grade 2 and above; lack of Cyrus hypertension; age 60 and older; ability to speak Persian; reading and writing literacy; treatment with anti hypertensive drugs; Iranian& resident of Mashhad; lack of medical education associated with hypertension over the past 6 months; has suffered from any physical illness or severe mental disorders that prevented the intervention.

Intervention groups

peer education group

Main outcome variables

Comparison of the cost-effectiveness of peer education and routine training

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180519039710N1**

Registration date: **2018-07-29, 1397/05/07**

Registration timing: **prospective**

Last update: **2018-07-29, 1397/05/07**

Update count: **0**

Registration date

2018-07-29, 1397/05/07

Registrant information

Name

Kobra Sadeghivazin

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3713 5892

Email address

sadeghivk951@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-08-01, 1397/05/10

Expected recruitment end date

2018-11-01, 1397/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Cost-effectiveness of peer education on treatment adherence among elderly hypertensive client

Public title
Cost-effectiveness of peer education on treatment adherence among elderly hypertensive client

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 The desire to participate in the study History of at least 6 months of hypertension GRID 2 and higher hypertension Lack of Cyrus hypertension Age 60 and older Ability to speak Persian Literacy reading and writing Treated with anti hypertensive drugs Iranian and resident of Mashhad Lack of physical and cognitive disorder preventing intervention Lack of training in hypertension education over the past 6 months
Exclusion criteria:
 Missing more than 1 session at training sessions Deaths of research units Acute illness or hospitalization Unwillingness to cooperate or refuse to attend training sessions

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
Assigned with random spss numbers, in intervention or control groups, randomly

Blinding (investigator's opinion)
Single blinded

Blinding description
Elderly people with Hypertension Grade 2 and above who take anti-hypertensive medications for 6 months are randomly divided into intervention and control groups. While they are in the group, they do not know.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee

Regional Research Ethics Committee Mashhad
University of Medical Sciences

Street address

Department of Medical-Surgical Nursing, Nursing and Midwifery Faculty, Doctra Crossroad, Daneshgah Street, Mashhad, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913199

Approval date

2018-06-30, 1397/04/09

Ethics committee reference number

IR.MUMS.REC.1397.086

Health conditions studied

1

Description of health condition studied

treatment adherence among Elderly Hypertensive client

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes

1

Description

Cost-effectiveness of peer education

Timepoint

three month after intervention

Method of measurement

Measuring Adherence to treatment using the Murisky scale

Secondary outcomes

1

Description

Adherence to drug treatment

Timepoint

Before intervention, end of intervention, three and six weeks after the end intervention

Method of measurement

Murisky eight-questions questionnaire related to adherence to drug treatment

2

Description

Adherence to diet treatment

Timepoint

Before intervention, end of intervention, three and six weeks after the end intervention

Method of measurement

Researchers' made ten-questions questionnaire related to adherence to diet treatment

Intervention groups

1

Description

Intervention group: first, an elderly person with hypertension who has controlled his or her blood pressure in the last six months, means that there is no systolic pressure greater than 16 years old and has a specific problem associated with hypertension or hospitalization due to HTN. Selected as a peer. Then, 3 sessions of 45 minutes, with the contents of the standard educational package, are communicated by the Ministry of Health regarding the control of blood pressure and its importance in reducing costs. In the intervention group, 45-minute training sessions with standard educational package content are provided by peer group for other elderly once a week for 6 weeks.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center No. 3

Full name of responsible person

Mahmoud Bakhshi

Street address

Khayyam Blvd - Ershad Blvd. 8 - Payyam Street - opposite of Payyam street 6

City

Mashhad

Province

Razavi Khorasan

Postal code

9185837715

Phone

+98 51 3763 4007

Email

bakhshim@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Mahmoud Bakhshi

Street address

Ebne Sina Ave.,Doktora Intersection,

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913199

Phone

+98 51 3859 1511

Email

bakhshim@mums.ac.ir

Web page address

<http://nurse.mums.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Kobra Sadeghi vazin

Position

Senior of Griatric Nursing Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery,Ebne Sina Ave.,Doktora Intersection, Mashhad, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9166987

Phone

+98 51 3841 2810

Email

sadeghivk951@mums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Kobra Sadeghi Vazin

Position

Senior of Griatric Nursing Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery, Ebne Sina Ave.,
Doktora Intersection, Mashhad, Iran

City

Mashhaf

Province

Razavi Khorasan

Postal code

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Phone

+98 51 3841 2810

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Person responsible for updating data

Contact

Name of organization / entity

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Doktora Intersection, Mashhad, Iran

City

Mashhad

Province

Razavi Khorasan

Postal code

9166987

Phone

009851384`2810

Email

sadeghivk951@mums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Evaluating the Effectiveness of Peer Education on
Adherence to Treatment of Elderly With Hypertension,
Compared to Routine Training

When the data will become available and for how long

Start the access period 6 months after printing the
results

To whom data/document is available

Researchers and patients with hypertension

Under which criteria data/document could be used

After collecting data and encoding and logging into the
computer, using spss 11 software, data analysis is done
using descriptive and inferential statistics. To describe
the characteristics of the research units in the two
groups, descriptive statistics including frequency
distribution and percentages, and central inclination and
dispersion, mean, and standard deviations are used. In
the analytical statistics, a quantitative data test was
performed using Kolmogorov-Smynov and Shapiro Wilk
tests. To determine the homogeneity of data in two
groups, Chi-square or Fisher test for qualitative variables
and independent t-test for quantitative variables and if
the abnormality is used, the Mann-Whitney test will be
used. Also, intra-group comparisons based on whether
data are normal or not, paired t-test or Kruskal-Wallis
tests will be used. To determine the relationship between
the underlying and interventional variables, two groups
of variance analysis or covariance analysis will be used in
three groups. To compare the cost-effectiveness of the
two methods of peer-to-peer training, with the help of a
statistic expert, Tree Age's decision tree model and
software will be used. For all tests, the confidence
coefficient will be 95%

From where data/document is obtainable

Faculty of Nursing and Midwifery, Ibn Sina
Avenue, Doktora st. Mashhad, Iran Phone: 0098
5138591511 Fax: 0098 5138597313 Zip Code:
9137913199 E-mail: NMS.IT@mums.ac.ir

What processes are involved for a request to access data/document

Referring to the library of Mashhad Nursing and
Midwifery Faculty and presenting the identification card
to this unit and receiving the existing documentation

Comments