Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Nov 2026

Designing a theory baesd educational intervention on improving adherence to treatment in patients with hypertension in sarab city : A social networking trial

Protocol summary

Study aim

Findings of the study can provide an accurate and effective educational model with the aim of increasing drug adherence and ultimately improve the quality of life of patients with hypertension.

Design

This randomized controlled trial, with parallel, single-blind groups, was performed on 130 patients with hypertension. All participants complete the health action process approach questionnaire.Then the samples will be randomly divided into experimental and control groups.

Settings and conduct

After completing health action process approach questionnaire, the samples that were randomly selected from four sarab comprehensive health centers will be divided into two experimental and control groups. The experimental group will then receive the online training intervention. The control group will receive routine actions.The outcome evaluator did not know how to randomize the disease And examine the data related to the outcome variables, regardless of the groups of individuals.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Morbidity of primary hypertension for at least the last 6 months،Having media literacy and familiarity with and access to social networks،Age range 20 to 65 years؛Criteria for non-entry:Participation in educational programs related to drug adherence،Morbidity of psychiatric disorders or addiction،Any need for medication changes in patients for any reason،Another person is responsible for giving the patient medicine.

Intervention groups

The experimental group receives online virtual training using social networks in three sessions. Participantsin the control group perform routine activities

Main outcome variables

drug adherence، blood pressure control، self-efficacy، action planning، coping planning، behavioral intent، perceived risk، expectation of outcome

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200617047816N1**
Registration date: **2020-09-08, 1399/06/18**
Registration timing: **retrospective**

Last update: **2020-09-08, 1399/06/18**
Update count: **0**

Registration date

2020-09-08, 1399/06/18

Registrant information

Name

Vahid Farajzadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 4323 7840

Email address

farajzadehv35@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-24, 1398/12/05

Expected recruitment end date

2020-03-10, 1398/12/20

Actual recruitment start date

2020-02-24, 1398/12/05

Actual recruitment end date
2020-03-10, 1398/12/20
Trial completion date
2020-06-09, 1399/03/20

Scientific title
Designing a theory baesd educational intervention on improving adherence to treatment in patients with hypertension in sarab city : A social networking trial

Public title
Designing a theory baesd educational intervention on improving adherence to treatment in patients with hypertension
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Morbidity of primary hypertension Having media literacy and familiarity with and access to social networks Conscious consent and voluntary participation in research Have hypertension for at least the last 6 months Age range 20 to 65 years
Exclusion criteria:
Participation in educational programs related to drug adherence Morbidity of psychiatric disorders or addiction and any disorders that prevents the effective and complete presence of the patient in the sessions and affects the results of the research Any need for medication changes in patients for any reason. Another person is responsible for giving the patient medicine Taking drugs that affect their consciousness.
Age
From **20 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Outcome assessor

Sample size
Target sample size: **130**
Actual sample size reached: **130**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, stratified random and block method is used. The randomization unit is individual and the randomization tool is a sealed envelope. Randomization layers in this study are comprehensive health centersThe present study is single-blind. The outcome assessor is unaware of how the disease is randomly assigned and will review data on outcome variables regardless of groups of individuals. After collecting the data, the groups are named in letters so that the analyzer is not informed about the intervention and control group.
Blinding (investigator's opinion)
Single blinded
Blinding description
The outcome evaluator did not know how to randomize the disease And examine the data related to the outcome variables, regardless of the groups of individuals. After collecting the data, the groups are named in alphabetical order so that the analyst from the intervention and control group is not informed.
Placebo
Not used
Assignment
Parallel
Other design features
This study is done online. Participants are trained through cyberspace.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Qazvin University of Medical Sciences
Street address
Qazvin University of Medical Sciences., Shahid Bahonar Blvd., Qazvin
City
Qazvin
Province
Qazvin
Postal code
34197-59811
Approval date
2020-04-20, 1399/02/01
Ethics committee reference number
IR.QUMS.REC.1399.047

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
Drug compliance
Timepoint
Before the intervention, one month ، two & Six months after the intervention, the questionnaire is completed.
Method of measurement
The Medication Adherence Rating Scale

2

Description
Health action process model subscale
Timepoint
Before the intervention, one month ، two & Six months after the intervention, the questionnaire is completed.
Method of measurement
Health action process approach subscale questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Patients with hypertension receive Online group group virtual training adherence to treatment consisting of three training sessions of 30 to 45 minutes, using social networks .In order to evaluate the effectiveness of the educational program, patients will be evaluated through questionnaires in three time periods, before the intervention, two and six months after the intervention.Meetings are based on behavior change techniques and include: health outcomes, importance of outcomes, volunteer empowerment, focus on past success, action planning, problem solving, and coping planning.
Category
Behavior

2

Description
Control group: Participants in the control group perform routine activities.(Such as: measuring blood pressure, monitoring patients, teaching a healthy lifestyle).At the end of the study, an intensive training session is held for them.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Sarab University of Medical Sciences
Full name of responsible person
Vahid Farajzadeh
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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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
Qazvin 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
Qazvin University of Medical Sciences
Full name of responsible person
Vahid Farajzadeh
Position
Staff
Latest degree
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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable
Title and more details about the data/document
Master's instructions will be followed.
When the data will become available and for how long
According to the plan of Qazvin School of Health
To whom data/document is available
University of Medical Sciences
Under which criteria data/document could be used
At the discretion of the professor
From where data/document is obtainable
Qazvin Medical Sciences
What processes are involved for a request to access data/document
According to the protocols of Qazvin University of Medical Sciences
Comments
does not have