

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Evaluating the Effect of Education Based Health Belief Model on Nutrition Self Care Behaviors among Hypertensive Patients

Protocol summary

Summary

this semi-experimental study was designed to determine and evaluate the effect of education based health belief model on nutrition self care behaviors among hypertensive patients. Sampling was multistage random cluster, 100 hypertensive patients (50 patients in each intervention group and control) entered in the study. Who have health records in health center for control and treatment of hypertension, systolic blood pressure greater than or equal to 140 and diastolic blood pressure greater than or equal to 90 mm Hg in the last three months, age of 60 to 30 years old , entered in the study. People who used vitamin or antioxidant supplements or omega-3, antibiotic and lack of continuous training sessions, hospitalization due to any other disease did not entered in the study. we used three questionnaires, to collect data on the structure of knowledge, Self care behavior, nutrition, and health belief model, before and two months after intervention. Educational intervention was measured to promote nutritional self care behaviors .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201609126261N14**

Registration date: **2017-03-28, 1396/01/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-03-28, 1396/01/08

Registrant information

Name

Mohammad Hussein Kaveh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 1001

Email address

kaveh@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Science

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2015-10-23, 1394/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the Effect of Education Based Health Belief Model on Nutrition Self Care Behaviors among Hypertensive Patients

Public title

Evaluating the Effect of Education Based Health Belief Model on Nutrition Self Care Behaviors among Hypertensive Patients

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: health records in health center for monitor and treatment of hypertension; systolic blood pressure greater than or equal to 140 and diastolic blood pressure greater than or equal to 90 mm Hg in the last three months; the age of 60 to 30 years old, not having

of any other diseases; including diabetes; consent to participate in the study; being able to participate in training sessions and understanding the provided intervention; Exclusion criteria: included use of vitamin or antioxidant supplements or omega-3; antibiotic use; lack of continuous training sessions; hospitalization due to any disease during the study.

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Not 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**

Ethics Committee Shiraz University of Medical Sciences

Street address

Shiraz University of Medical Sciences

City

Shiraz

Postal code

197871345

Approval date

2014-08-29, 1393/06/07

Ethics committee reference number

10894

Health conditions studied**1****Description of health condition studied**

Hypertension

ICD-10 code

I10

ICD-10 code description

Essential (primary) hypertension

Primary outcomes**1****Description**

High blood pressure

Timepoint

Before and after the intervention

Method of measurement

mg/dl

Secondary outcomes**1****Description**

practice

Timepoint

Before and after the intervention

Method of measurement

questionair

Intervention groups**1****Description**

control group: without intervention

Category

Prevention

2**Description**

Intervention group: Educational program designed 5 training session. A briefing and coordination (first session) separately was formed as a guide for action in doctors and health workers center. A three 45-minute sessions were formed for patients, by using methods lecture, question and answer, and manual training in rural health centers. In addition, a 45-minute training session (Session 5) have been implemented to track and review presentation and possible problems in the process of self-care that their patients during one month after the third meeting.

Category

Prevention

Recruitment centers**1****Recruitment center****Name of recruitment center**

Rural Health Centers Fasa University of Medical Sciences

Full name of responsible person

Rohallah Arshadinejhad

Street address

Health Center, Fasa, Fars
City
Fasa

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Shiraz University of Medical Science

Full name of responsible person

Dr.Mohammad Hossien Kaveh

Street address

Shiraz University of Medical Sciences

City

Shiraz

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 Shiraz University of Medical Science

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

Shiraz University of Medical Sciences

Full name of responsible person

Dr Mohammad Hossein Kaveh

Position

Professor

Other areas of specialty/work

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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