

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 2026

The Effect of the “Ask Me 3” Educational Program on Treatment Adherence and Blood Pressure Management in Adults with Hypertension: A Randomized Parallel Clinical Trial

Protocol summary

Study aim

To determine the effect of the Ask Me 3 educational program on treatment adherence and blood pressure control in adults with hypertension

Design

A randomized parallel clinical trial will be conducted on 94 adults with hypertension. Participants will be randomly allocated (1:1) to the intervention (Ask Me 3 educational program) or control (routine care) group using Random Allocation Software.

Settings and conduct

The study will be conducted in comprehensive health centers in Shahroud. Eligible participants will be recruited from three socioeconomic strata. The intervention group will receive the Ask Me 3 educational program, while the control group will receive routine care.

Participants/Inclusion and exclusion criteria

Entry criteria: 1-Age at least 40 years and older 2-Diagnosis of primary hypertension (systolic 130-139 mmHg and diastolic 80-89 mmHg) 3-Use of at least one antihypertensive medication within the last three months 4-Possession of hearing, speaking, and communication abilities 5-At least three months have passed since diagnosis 6-A minimum score of 10 on the Lawton Instrumental Activities of Daily Living (IADL) scale . 7-A minimum score of 7 on the Abbreviated Mental Test (AMT) 8-Normal result on the Mini-Cog test Exclusion criteria: 1-Diagnosis of acute cardiac, renal, hepatic, or respiratory diseases, malignancies, stroke, or substance addiction. 2-Diagnosis of depression and anxiety documented in the medical record. 3-Participation in similar educational sessions.

Intervention groups

Intervention group: Participants will receive the Ask Me 3 educational program in three face-to-face sessions, along with an educational booklet and weekly telephone follow-

up for 12 weeks. Control group: Participants will receive routine care and education provided by the comprehensive health centers.

Main outcome variables

Treatment adherence Blood pressure control

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20260613069762N1**

Registration date: **2026-09-07, 1405/06/16**

Registration timing: **registered_while_recruiting**

Last update: **2026-09-07, 1405/06/16**

Update count: **0**

Registration date

2026-09-07, 1405/06/16

Registrant information

Name

ruhollah Hadinezhad

Name of organization / entity

Country

Iran (Islamic Republic of)

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rhadinezhad555@gmail.com

Recruitment status

recruiting

Funding source

Expected recruitment start date

2026-09-01, 1405/06/10

Expected recruitment end date

2026-12-01, 1405/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of the "Ask Me 3" Educational Program on Treatment Adherence and Blood Pressure Management in Adults with Hypertension: A Randomized Parallel Clinical Trial

Public title

The Effect of the Ask Me 3 Program on Treatment Adherence and Blood Pressure Control in Adults with Hypertension

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Age at least 40 years and older Diagnosis of primary hypertension (systolic 130–139 mmHg and diastolic 80–89 mmHg) Use of at least one antihypertensive medication within the last three months Possession of hearing, speaking, and communication abilities At least three months have passed since diagnosis A minimum score of 10 on the Lawton Instrumental Activities of Daily Living (IADL) scale A minimum score of 7 on the Abbreviated Mental Test (AMT) Normal result on the Mini-Cog test

Exclusion criteria:

Diagnosis of acute cardiac, renal, hepatic, or respiratory diseases, malignancies, stroke, or substance addiction Diagnosis of depression and anxiety documented in the medical record Participation in similar educational sessions

AgeFrom **40 years** old**Gender**

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **94****Randomization (investigator's opinion)**

Randomized

Randomization description

After obtaining informed consent, a 1:1 random allocation sequence will be generated using Random Allocation Software. The allocation sequence will be prepared by an independent person and kept in sequentially numbered, sealed opaque envelopes. Participants will be assigned to the intervention or control group according to the allocation sequence after enrollment.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

The educational intervention in this study is based on the Ask Me 3 program and consists of three in-person training sessions, along with telephone follow-ups and the provision of an educational booklet. Furthermore, the socio-economic strata of Shahroud city will be taken into account when selecting the participants.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

The Ethics Committee of Shahroud University of Medical Sciences

Street address

7 Tir Square, Next to Shahroud Municipality, Shahroud, Semnan Province, Iran

City

SHAHROUD

Province

Semnan

Postal code

۳۶۱۴۷-۷۳۹۴۳

Approval date

2026-06-09, 1405/03/19

Ethics committee reference number

IR.SHMU.REC.1405.062

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**

1-Treatment adherence

Timepoint

"At the beginning of the intervention (before the start of the intervention), one week after the end of the intervention, and three months after the end of the intervention."

Method of measurement

1. Modanlou Medication Adherence Questionnaire

Secondary outcomes

1

Description

1-Systolic and Diastolic blood pressure

Timepoint

"At the beginning of the intervention (before the start of the intervention), one week after the end of the intervention, and three months after the end of the intervention."

Method of measurement

Electronic blood pressure monitor

Intervention groups

1

Description

The intervention group will receive the Ask Me 3 educational program in three 45-minute face-to-face sessions over three consecutive days. Each session will focus on one of the three Ask Me 3 questions: "What is my main problem?", "What do I need to do?", and "Why is it important for me to do this?". The content will cover hypertension, medication adherence, healthy diet and salt reduction, physical activity, blood pressure monitoring, and self-care. The sessions will be delivered by the researcher using an educational booklet and poster, followed by weekly telephone follow-up for 12 weeks to reinforce the educational content.

Category

Behavior

2

Description

Control group: Receiving routine education provided by health centers

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

The Health Centers affiliated with shahroud University of Medical Sciences

Full name of responsible person

Ruhollah hadinezhad

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Hossein ebrahimi

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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

Shahroud 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

Shahroud University of Medical Sciences

Full name of responsible person

Ruhollah hadinezhad

Position

Msc student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available