Clinical Trial Protocol
Iranian Registry of Clinical Trials

25 Oct 2026

The effectiveness of a mobile phone education based on self-efficacy on adherence to Dash diet among patient with high blood pressure

Protocol summary

Study aim
The effect of educational intervention based on mobile app self-efficacy model on adherence to Dash diet in hypertensive patients referred to Ahwaz health centers
Design
Samples were randomly divided into intervention and control groups. There were 44 subjects in each group
Settings and conduct
This study is a quasi-experimental interventional study that will be conducted among people with hypertension in Ahwaz health centers.
Participants/Inclusion and exclusion criteria
log in: Having a BMI> 25 or a BMI> 30 Age over 25 years Having an Android smart phone to get your app and SMS High blood pressure 130 to 139 for systolic and 80 to 89 for diastolic Exit: Changing the type of blood pressure medication Hospitalization and relocation Participate in other study simultaneously
Intervention groups
DASH diet training for hypertensive individuals in the intervention group is based on the mobile app. The intervention duration is three months.
Main outcome variables
At the beginning and end of the study, patients' blood pressure and self-efficacy are measured

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20190930044933N1**
Registration date: **2019-10-31, 1398/08/09**
Registration timing: **registered_while_recruiting**

Last update: **2019-10-31, 1398/08/09**
Update count: **0**
Registration date
2019-10-31, 1398/08/09

Registrant information
Name
Zahra Darabi
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-10-07, 1398/07/15
Expected recruitment end date
2020-01-05, 1398/10/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effectiveness of a mobile phone education based on self-efficacy on adherence to Dash diet among patient with high blood pressure

Public title
The effectiveness of a mobile phone education based on self-efficacy on adherence to Dash diet among patient with high blood pressure
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Having a BMI> 25 or a BMI> 30 Having an Android

smartphone to get the app and text High blood pressure 130 to 139 for systolic and 80 to 89 for diastolic Age over 25 years

Exclusion criteria:

Changing the type of blood pressure medication Hospitalization and relocation Participate in other study simultaneously

Age

From **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **88**

Randomization (investigator's opinion)

Randomized

Randomization description

In a randomized simple way, two groups of intervention and control (using random numbers table)

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 of Ahvaz University of Medical Sciences

Street address

Golestan Highway, Ahvaz University of Medical Sciences

City

ahwaz

Province

Khouzestan

Postal code

6135715794

Approval date

2019-08-19, 1398/05/28

Ethics committee reference number

IR.AJUMS.REC.1398.419

Health conditions studied

1

Description of health condition studied

hypertention

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

hypertention

Timepoint

Before the intervention and three months after the intervention

Method of measurement

Barometer

Secondary outcomes

1

Description

Efficacy

Timepoint

Before intervention and three months after intervention

Method of measurement

Score obtained from self-efficacy questionnaire

Intervention groups

1

Description

Intervention group: Intervention group: General questionnaire, physical activity questionnaire and three day food registration form for food intake information and a researcher-made questionnaire based on self-efficacy of the study population will be completed before the beginning of the intervention. DASH diet training is provided by patients through the mobile app. At the end of the three-month intervention period, post-test, self-efficacy questionnaire, and three-day meal registration form will be completed again.

Category

Prevention

2

Description

Control group: The control group received routine training for the control group but received only the intervention group.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Comprehensive Urban Health Service Centers
Full name of responsible person
Zahra Darabi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
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Full name of responsible person
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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
Ahvaz 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
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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