

# Adherence therapy for people with hypertension

<b>Submission date</b> 23/07/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 27/08/2009	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 21/05/2020	<b>Condition category</b> Circulatory System	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Adherence therapy for people with hypertension: a randomised controlled trial

## **Acronym**

AT BMQ

## **Study objectives**

Current information as of 15/03/10:

1. Advanced Therapy (AT) reduces systolic blood pressure (SBP) in Jordanian people with hypertension at seven weeks, compared to treatments as usual.
2. AT reduce diastolic blood pressure (DBP) in Jordanian people with hypertension compared to treatments as usual.
3. AT improves adherence in Jordanian people with hypertension compared to treatments as usual.
4. AT improves attitudes and beliefs toward medication in Jordanian people with hypertension compared to usual care.

Initial information at time of registration:

1. Adherence therapy (AT) reduces systolic blood pressure in Jordanian people with hypertension at eight weeks, compared to treatment as usual
2. AT improves adherence in Jordanian people with hypertension compared to treatment as usual
3. AT improves attitudes and beliefs toward medication in Jordanian people with hypertension compared to usual care

Please note that as of 15/03/10 this record has been updated to include changes in the hypothesis, inclusion criteria and secondary outcomes. All updates can be found in the relevant field with the above update date.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

1. Jordanian Ministry of Health Ethics Committee approved on the 18th June 2009
2. University of East Anglia Ethical Committee approved on the 23rd July 2009

## **Study design**

Single-blind exploratory randomised parallel group controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Hypertension

## **Interventions**

Intervention:

Based on cognitive behavioural approaches derived from compliance therapy, adherence therapy consists of:

1. Engagement
2. Assessment

3. Ratings of readiness to take medication

4. Therapy

5. Evaluation

The therapist works in a flexible, patient-centered and structured way to promote a shared decision with the patient about treatment. Patients receive eight weekly sessions of adherence therapy.

Control:

Treatment as usual for 8 weeks.

Patients will be followed up for one month after intervention/control.

Contact Details for Joint Principal Investigators:

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### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Systolic blood pressure reduction, measured in mmHg, measured after one month from the end of sessions.

### **Key secondary outcome(s)**

1. Correct dosing of drugs, defined as percentage of prescribed doses taken during the research interval. Assessed by pill-counting after one month from the end of sessions for each participant according to the given doses.

2. Attitude and beliefs with medication, measured by using the Beliefs About Medication Questionnaire (BMQ)

3. Satisfaction with adherence therapy, determined by interviews conducted one month from the end of sessions

Added 15/03/10:

4. Patient diastolic blood pressure measured in mmHg

**Completion date**

30/12/2009

## Eligibility

**Key inclusion criteria**

1. Diagnosed with hypertension
2. On monthly follow up schedule
3. Blood pressure greater than 140/90 mmHg
4. Written consent
5. Aged above or equal to 18 years, either sex

Added 15/03/10:

6. Non-adhered patients based on Morisky Medication Adherence Scale (MMAS)

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Total final enrolment**

136

**Key exclusion criteria**

1. Diabetes
2. Congestive heart failure
3. Mentally ill
4. Serious disease conditions
5. Pregnant women with hypertension

**Date of first enrolment**

10/08/2009

**Date of final enrolment**

30/12/2009

## Locations

**Countries of recruitment**

United Kingdom

England

Jordan

**Study participating centre**  
**School of Nursing and Midwifery**  
Norwich  
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## Sponsor information

**Organisation**  
University of East Anglia (UK)

**ROR**  
<https://ror.org/026k5mg93>

## Funder(s)

**Funder type**  
Other

**Funder Name**  
Investigator initiated and funded (Jordan)

## Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**  
Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/02/2012	21/05/2020	Yes	No