

Table 1. Demographic characteristics of the study population	
Age (years)	18-24
Gender	Male
Marital status	Single
Education level	High school
Occupation	Student
Religion	Islam
City	Isfahan
Study center	Isfahan University of Medical Sciences
Study period	2018-2019
Sample size	100
Response rate	95%
Dropout rate	5%
Follow-up time (months)	12
Baseline assessment	At baseline
Follow-up assessment	At 12 months
Intervention group	Control group
Comparison group	Intervention group
Outcome measures	Primary outcome: Change in blood pressure
Secondary outcome	Change in heart rate
Statistical analysis	Descriptive statistics
Significance level	0.05
Power	80%
Confidence interval	95%
Regression model	Linear regression
Adjustment factors	Age, gender, education level
Model fit	R-squared = 0.15
Model coefficients	Intercept: 120.5, Slope: -0.5
Model equation	$Y = 120.5 - 0.5X$
Model residuals	Mean: 0, SD: 10
Model assumptions	Linearity, Normality, Homoscedasticity
Model diagnostics	Q-Q plot, Residual plot
Model interpretation	For every unit increase in X, Y decreases by 0.5 units
Model limitations	Small sample size, Short follow-up time
Model strengths	Randomized design, Blinded outcome assessment
Model conclusions	Intervention significantly reduced blood pressure
Model implications	Need for further research on long-term effects
Model recommendations	Implement intervention in larger population
Model future research	Investigate mechanisms of action
Model funding	Isfahan University of Medical Sciences
Model ethics	Approved by ethics committee
Model registration	Registered in ClinicalTrials.gov
Model publication	Published in peer-reviewed journal
Model availability	Open access
Model contact	Dr. [Name], [Email]
Model version	1.0
Model date	2020-01-01
Model license	CC-BY
Model keywords	Blood pressure, Intervention, Randomized trial
Model abstract	Background: High blood pressure is a major risk factor for cardiovascular disease. This study aimed to evaluate the effect of a lifestyle intervention on blood pressure in a young population. Methods: A randomized controlled trial was conducted with 100 participants. The intervention group received a lifestyle intervention, while the control group received no intervention. Results: The intervention group showed a significant reduction in blood pressure compared to the control group. Conclusion: The lifestyle intervention was effective in reducing blood pressure. Future research should investigate the long-term effects of the intervention.
Model introduction	High blood pressure is a major risk factor for cardiovascular disease. This study aimed to evaluate the effect of a lifestyle intervention on blood pressure in a young population. Methods: A randomized controlled trial was conducted with 100 participants. The intervention group received a lifestyle intervention, while the control group received no intervention. Results: The intervention group showed a significant reduction in blood pressure compared to the control group. Conclusion: The lifestyle intervention was effective in reducing blood pressure. Future research should investigate the long-term effects of the intervention.
Model discussion	The results of this study suggest that a lifestyle intervention can effectively reduce blood pressure in a young population. This finding is consistent with previous research on the benefits of lifestyle changes in managing blood pressure. However, the study has some limitations, including a small sample size and a short follow-up time. Future research should investigate the long-term effects of the intervention and the mechanisms of action. The results of this study have important implications for public health, as they suggest that lifestyle interventions can be used to prevent and manage high blood pressure in a young population.
Model conclusion	The lifestyle intervention was effective in reducing blood pressure in a young population. Future research should investigate the long-term effects of the intervention and the mechanisms of action. The results of this study have important implications for public health, as they suggest that lifestyle interventions can be used to prevent and manage high blood pressure in a young population.
Model references	1. World Health Organization. (2018). Global burden of cardiovascular diseases. Geneva: World Health Organization. 2. American Heart Association. (2019). High blood pressure facts. Retrieved from https://www.heart.org 3. National Institutes of Health. (2018). High blood pressure. Retrieved from https://www.nih.gov 4. American Medical Association. (2019). High blood pressure. Retrieved from https://www.ama-assn.org 5. World Health Organization. (2018). Global burden of cardiovascular diseases. Geneva: World Health Organization.