

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

The Effects of face to face and non- face to face education of Stress management on quality of life of patients with myocardial infarction admitted to Fathemeh Zahra Teaching Hospital in Medical Sciences University of Mazandaran in Sary city.

Protocol summary

Summary

The purpose of this study is "determination of the effects of face to face and non- face to face education of stress management on quality of life of patients with myocardial infarction". The study will be conducted in Fathemeh Zahra teaching hospitals in Sary city. The study is an intervention study with random allocation. The sixty four patients are divided randomly in two intervention and control groups (each group 32 patients). Inclusion criteria is including the first myocardial infarction and hospitalized in CCU; age higher than 30 years old; having reading and writing ability around intermediate level; and no mental and auditory disorder. Exclusion criteria are such as death; losing or cardiac surgery. The patients in intervention group participate in eight weeks education in addition to routine education. The first and the second education sessions (face to face) are performed in the hospital and the next (non face to face education) in patients' homes. The content of education (C.D and booklet) delivers to the patients to applying in their homes. In the end of the study the questionnaire is completed for each patient in two groups. The Patients in control group receive only routine education. Data gathering tools are McNew quality life questionnaire and perceived stress questionnaire that scored with Likert scale. Data will gather by conducting ethical rules such as permission of hospital, patients consent, and anonymity and withdrawal.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013072710325N3**

Registration date: **2013-08-18, 1392/05/27**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-08-18, 1392/05/27

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology: Golestan University of Medical Sciences.

Expected recruitment start date

2013-04-09, 1392/01/20

Expected recruitment end date

2013-09-11, 1392/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of face to face and non- face to face education of Stress management on quality of life of patients with myocardial infarction admitted to Fathemeh Zahra Teaching Hospital in Medical Sciences

University of Mazandaran in Sary city.

Public title

The Effects of face to face and non- face to face education of Stress management on quality of life of patients with myocardial infarction.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria are including the first Myocardial infarction and hospitalized in CCU; age upper than 30 years old; having reading and writing ability at least intermediate level; and no mental and auditory disorder. Exclusion criteria are such as death; losing or cardiac surgery.

Age

From **30 years** old to **80 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **64**

Randomization (investigator's opinion)

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 of Golestan University of Medical Sciences

Street address

Vice Chancellor for Research and Technology;
Golestan University of Medical Sciences; Initial of
Shast Kola Road; Kilometer 4 Gorgan-Sari

City

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Postal code

4934174515

Approval date

2013-03-17, 1391/12/27

Ethics committee reference number

35/3561/گ پ

Health conditions studied

1

Description of health condition studied

Myocardial infarction patients' stress management

ICD-10 code

F43.2

ICD-10 code description

Adjustment disorders

Primary outcomes

1

Description

Quality of life

Timepoint

At first and 8 weeks later

Method of measurement

Quality of life questionnaire (McNew)

Secondary outcomes

1

Description

Percieved stress

Timepoint

In the initial of the study

Method of measurement

Percieved stress questionnaire

Intervention groups

1

Description

Face to face and non face to face stress management education to Myocardial Infarction patients. This structured education program is including problem solving skills and relaxation technique. The education will be started during residence of patients in the hospital and continued in the patients' home by booklets and CD-ROM.

Category

Behavior

2

Description

The ward education routine - the researcher doesn't perform any education.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Fathemeh Zahra Teaching Hospitals in Sary City
Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Golestan University of Medical Sciences
Full name of responsible person
Mohammad Jafar Ghalipour
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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

Vice Chancellor for Research and Technology, Golestan
University of Medical Sciences

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
Golestan University of Medical Sciences
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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