Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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 Ṣary 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 (fact 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

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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 Śary 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
Gorgan
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4934174515
Approval date
2013-03-17, 1391/12/27
Ethics committee reference number
35/3561/پ گ

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
Gholam Reza Mahmoodi shan
Street address
Vice Chancellor for Research and Technology; Golestan University of Medical Sciences; Initial of Shast Kola Road; Kilometer 4 Gorgan-Sari ;
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research and Technology, Golestan University of Medical Sciences
Full name of responsible person
Mohammad Jafar Golalipour
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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

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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