

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

The effectiveness of group mindfulness training on reducing symptoms of psychopathology and electrocardiographic changes in patients with coronary heart disease

Protocol summary

Summary

The purpose of this study is The effectiveness of group mindfulness training on reducing symptoms of psychopathology and electrocardiographic changes in patients with coronary heart disease. in this study participated 22 men suffering from coronary heart disease that Not taking any psychiatric drug, with age range between 30 to 60-year and Third Degree Level up that were selected to the consecutive sampling and were assigned randomly into an experimental group and a control group. .group mindfulness training Was formed 8 sessions (4 weeks, each week 2 session being 2 hours) for experimental group. anxiety, depression, hostility, and electrocardiographic changes were compared in the two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012103011323N1**

Registration date: **2013-01-28, 1391/11/09**

Registration timing: **na**

Last update:

Update count: **0**

Registration date

2013-01-28, 1391/11/09

Registrant information

Name

Mahsa Jahangirpour

Name of organization / entity

University of Guilan

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Iran (Islamic Republic of)

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Recruitment status

Not enough for processing

Funding source

Faculty of Literature and Humanities, University of Guilan, Guilan Province

Expected recruitment start date

2011-07-05, 1390/04/14

Expected recruitment end date

2011-06-11, 1390/03/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of group mindfulness training on reducing symptoms of psychopathology and electrocardiographic changes in patients with coronary heart disease

Public title

Effect of mindfulness in reducing depression, anxiety and aggression in patients with heart disease

Purpose

Treatment

Inclusion/Exclusion criteria

(Inclusion criteria: Gender: Male; having symptoms of coronary heart disease based on Cardiac Doctor checkup And angiographic results ; age range between 30 to 60-year; Third Degree Level up. Exclusion criteria: patients with neurological and physical problems such as Kidney disease coupled with heart disease; patients in addition with heart disease facing Chronic pain from Reins,

rheumatism Etc; Patients were used from psychiatric drugs simultaneously)

Age

From **30 years** old to **60 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **22**

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

Heshmat Hospital In Rasht

Street address

Heshmat Hospital, Dr Heshmat Crossroads, Beheshti Highway, Rasht City, Guilan Province

City

Rasht

Postal code

Approval date

2010-08-20, 1389/05/29

Ethics committee reference number

From the Master's thesis

Health conditions studied

1

Description of health condition studied

Coronary heart disease

ICD-10 code

I25.9

ICD-10 code description

Ischaemic heart disease (chronic) NOS

Primary outcomes

1

Description

Dipression

Timepoint

Before intervention and one month after intervention

Method of measurement

Beck Depression Inventory Form 13 question.

2

Description

anxiety

Timepoint

before intervention and one month after intervention

Method of measurement

Spielberger Trait Anxiety Inventory state

3

Description

Hostility

Timepoint

Before intervention and one month after intervention

Method of measurement

Hostility measures Check List-90 revised (SCL-90-R),

Secondary outcomes

1

Description

Electrocardiographic changes

Timepoint

Before intervention and one month after intervention

Method of measurement

Electrocardiography

Intervention groups

1

Description

Experimental group Received 8 sessions training of Mindfulness (4 weeks, each week 2 session being 2 hours) that offered Group training.

Category

Rehabilitation

2

Description

The control group did not receive mindfulness training. they Only complete pre-test and post-test (questionnaire survey).

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Heshmat Hospital In Rasht

Full name of responsible person

Dr. Arsalan Salari

Street address

Heshmat Hospital, Dr Heshmat Crossroads, Beheshti Highway, Rasht City, Guilan Province

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Guilan University of Medical Sciences

Full name of responsible person

Dr.Arsalan Salari

Street address

Guilan University of Medical Sciences,Six Kilometers From Rasht To Tehran Streets, Guilan Province

City

Rasht

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Guilan 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

Heshmat Hospital In Raht

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Mahsa jahangirpour

Position

MS In Psychology

Other areas of specialty/work

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Position

MS in Psychology

Other areas of specialty/work

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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