

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

Comparison between the effects of guided imagery and progressive muscle relaxation on quality of life in patients undergoing coronary artery bypass graft surgery: A randomized clinical trial

Protocol summary

Summary

Objective: Aim of this study will be compare the effect of progressive muscular relaxation (PMR) and guided imagery (GI) on quality of life (QOL) in patient undergoing coronary artery bypass graft surgery (CABG). Design: in this single blind (statistical analyzer) randomize clinical trial study, 64 patients schedule for CABG hospitalize in medical educational center of Ayatollah Mousavi, Zanzan University of medical sciences (ZUMS) will recruit using convenience sampling method. Participants will randomly assign to guided imagery group (n=32) and progressive muscle relaxation group (n=32). Setting and conduct: Quality of life will measure using Macnew quality of life questionnaire before CABG and then 2 month after training and doing relaxation by participants. Participants including major eligibility criteria: Patients candidate for coronary artery bypass graft surgery that they have informed consent. Intervention: Doing of progressive muscle relaxation and guided imagery techniques on the seventh day surgery for two month. Main outcome measures: Quality of life

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016072512257N5**
Registration date: **2016-10-01, 1395/07/10**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-01, 1395/07/10

Registrant information

Name

Farhad Ramezani-Badr

Name of organization / entity

Zanzan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Zanzan university of medical sciences

Expected recruitment start date

2012-04-20, 1391/02/01

Expected recruitment end date

2013-04-21, 1392/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between the effects of guided imagery and progressive muscle relaxation on quality of life in patients undergoing coronary artery bypass graft surgery: A randomized clinical trial

Public title

Comparison between the effects of guided imagery and progressive muscle relaxation on quality of life

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: diagnosis of coronary artery disease

and coronary artery bypass graft surgery candidate for treatment; having written informed consent; having an awareness of time, place and person; ability to learn and perform relaxation. Exclusion criteria: abuse of alcohol and drug and other effective drugs on the psych that is inserted in the patients record; diagnosis of dementia and other mental diseases such as schizophrenia and major depression that is inserted in the patients record; having speech and hearing impairment is detected by researchers; association of other surgery with coronary artery bypass graft surgery such as valve repair surgery; previous training program in the field of study techniques; the inability of the patients to continue collaboration in research.

Age

No age limit

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)**

Single 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 Zanjan University of medical sciences

Street address

Azadi square, Khorramshar blvd

City

Zanjan

Postal code**Approval date**

2011-07-10, 1390/04/19

Ethics committee reference number

900410

Health conditions studied**1****Description of health condition studied**

coronary artery disease

ICD-10 code

I25.1

ICD-10 code description

atherosclerotic heart disease

Primary outcomes**1****Description**

quality of life

Timepoint

Before intervention and 2 months after intervention

Method of measurement

Macnew quality of life questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Education of Guided imagery technique. Technique will be done from seventh day surgery, twice a day for two months.

Category

Behavior

2**Description**

Education of progressive muscle relaxation technique. Technique will be done from seventh day surgery, twice a day for two months.

Category

Behavior

Recruitment centers**1****Recruitment center****Name of recruitment center**

Ayatollah Mousavi Hospital

Full name of responsible person**Street address****City**

Zanjan

Sponsors / Funding sources**1****Sponsor**

Name of organization / entity

Vice chancellor for Research, Zanjan University of Medical Sciences

Full name of responsible person

Alireza Biglari

Street address

Azadi square, Khorramshahr blvd

City

Zanjan

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, Zanjan 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

Zanjan University of Medical Sciences

Full name of responsible person

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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