

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Effect of Self Management Empowerment Model on Social Support receiving and Sense of Coherence among Elderly patients with Cardiovascular Diseases

Protocol summary

Summary

The main objective of this study was to determine the effects of Self-Management Empowerment Model on social support receiving and a sense of coherence among elderly patients with cardiovascular disease. The main Inclusion criteria was age 60 years and older and having cardiovascular disease for at least 6 months to be approved by the cardiologist. Exclusion criteria included elderly patients' reluctance to participate in research. The sampling method was convenient, then Samples were allocated to case and control groups. After performing pre-test in both groups, in the experimental group, intervention in 5 steps based on the Self-Management Empowerment Model according to the patient's condition was performed at least two section and training manual contains guidelines to promote a sense of coherence and social support given to elderly patients. The control group received routine care. During 1.5 months after the first stage, the researchers tracked the status of the elderly, and after 1.5 months, the post-test was performed in both intervention and control groups. The data collected were analyzed. The expected outcomes of this study was to promote a sense of coherence and ability of social support receiving for the elderly.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014112813092N5**
Registration date: **2015-01-17, 1393/10/27**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-17, 1393/10/27

Registrant information

Name

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Name of organization / entity

Bushehr University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Deputy for Research -Bushehr University of Medical Sciences

Expected recruitment start date

2014-06-20, 1393/03/30

Expected recruitment end date

2014-09-21, 1393/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Self Management Empowerment Model on Social Support receiving and Sense of Coherence among Elderly patients with Cardiovascular Diseases

Public title

Effect of Self Management Empowerment Model on Social Support receiving and Sense of Coherence among Elderly patients with Cardiovascular Diseases

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age 60 years and older; the patient's ability to understand, speak and educable; participation in the empowerment program; history of cardiovascular disease for at least 6 months before as affirmed by the cardiologist; lack of mental illness; not taking anti-anxiety drugs or psychotropic medication; residence in the city of Bushehr and Genaveh. Exclusion criteria: the patient's unwillingness and one of his companions to participate in the study; participate in the other training of heart disease in the period under study.

Age

From **60 years** old to **95 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **98**

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

Deputy for Research -Bushehr University of Medical Sciences

Street address

First Floor, Research Assistance, Pardis site, Bushehr University of Medical Sciences, next to the Salman Farsi hospital, Sabzabad, Bushehr

City

Bushehr

Postal code

7514633341

Approval date

2014-04-17, 1393/01/28

Ethics committee reference number

B-92-15-19

Health conditions studied

1

Description of health condition studied

Cardiovascular Diseases

ICD-10 code

I10

ICD-10 code description

Hypertensive diseases

2

Description of health condition studied

Cardiovascular Diseases

ICD-10 code

I20

ICD-10 code description

Ischaemic heart diseases

3

Description of health condition studied

Cardiovascular Disease

ICD-10 code

I30

ICD-10 code description

Other forms of heart disease

Primary outcomes

1

Description

Ability of social support receiving

Timepoint

Pre intervention, 1.5 months after intervention

Method of measurement

empowerment in receiving social support questionnaire of elderly patients with cardiovascular disease

Secondary outcomes

1

Description

Sense of Coherence

Timepoint

Pre intervention, 1.5 months after intervention

Method of measurement

Antonovsky Sense of Coherence questionnaire, 1987

Intervention groups

1

Description

In the intervention group, the elderly empowerment strategies in the area of sense of coherence and ability of social supports receiving, according to Self-Management Empowerment Model were performed in 5 steps. Such that the strategies depends on the patient's condition

were taught to the patient, at least of two 45-minute sessions, then training manual given to patient.

Category

Lifestyle

2

Description

The control group received routine care.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Bushehr Specialized Training Heart Center

Full name of responsible person

Mr Ebrahim Ebrahimi

Street address

Bushehr Specialized Training Heart Center, Moalem square, Bushehr

City

Bushehr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy for Research -Bushehr University of Medical Sciences

Full name of responsible person

Dr Afshin Ostovar

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First Floor, Research Assistance, Pardis site, Bushehr University of Medical Sciences, next to the Salman Farsi hospital, Sabzabad, Bushehr

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Bushehr

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Deputy for Research -Bushehr 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

Deputy for Research -Bushehr University of Medical Sciences

Full name of responsible person

Seyyede Maryam Musavi

Position

MSc student of nursing, Student Research Committee, Bushehr University of Medical Sciences

Other areas of specialty/work

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. Associate professor of Nursing, The Persian Gulf Tropical Medicine Research Center, Bushehr Univer

Other areas of specialty/work

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MSc student of nursing, Student Research Committee,
Bushehr University of Medical Sciences

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