Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effectiveness of healthy lifestyle promotion intervention via cognitive-behavioral procedure on self–management and quality of life in patient with congestive heart failure

Protocol summary

Summary

The purpose of this study was to investigate the effectiveness of healthy lifestyle promotion intervention via cognitive-behavioral procedure on self-management and quality of life in patients with congestive heart failure. In a quasi-experimental design, a randomized controlled trial with pre test, post test, and follow-up assessments along with control group was conducted. In this clinical trial, 30 patients with congestive heart failure selected by convenience sampling among patients who attended to shahid rajaee hospital in Tehran. Then, they randomly assigned to control and experimental groups. The participants were completed the instruments of Quality of Life in Patients With Heart Failure(IHF-QoL), European Heart Failure Self-care Behaviour Scale(EHFScBS) and Depression – Anxiety & Stress Scale(DASS) in pre-test, post-test and follow-up phase.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013080314262N1**
Registration date: **2014-03-03, 1392/12/12**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-03-03, 1392/12/12

Registrant information

Name

Marziyeh Zeraatkar

Name of organization / entity

Faculty of Psychology and Educational Sciences , Semnan University

Country

Iran (Islamic Republic of)

Phone

+98 26 3457 6377

Email address

i_rahimian@semnan.ac.ir

Recruitment status

Recruitment complete

Funding source

This study was founded by personal financial sources by researcher and confirmed for MSc dissertation fulfillment in Clinical psychology by committee of postgraduate study in faculty of psychology and educational sciences in Semnan University.

Expected recruitment start date

2013-02-19, 1391/12/01

Expected recruitment end date

2013-05-22, 1392/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of healthy lifestyle promotion intervention via cognitive-behavioral procedure on self–management and quality of life in patient with congestive heart failure

Public title

The effectiveness of healthy lifestyle promotion intervention in patient with congestive heart failure

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Informed consent; active participation

in the study; admission in hospital; medical records. Exclusion criteria: Comorbidity with other physical and psychological disorders; hospitalizations during the study; acute exacerbation of physical and psychiatric symptoms.

Age
From **25 years** old to **45 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
In the single blind study the participants in two groups did not aware of study assignment and execution the study.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Council of postgraduate study , Faculty of Psychology and Educational Sciences , Semnan University.

Street address
Department of Psychology, Faculty of Psychology and Educational Sciences, Semnan University.

City
Mehdishahr

Postal code
356-411156

Approval date
2013-04-16, 1392/01/27

Ethics committee reference number
98/92/67

Health conditions studied

1

Description of health condition studied
Congestive heart failure

ICD-10 code
I50

ICD-10 code description
Heart failure

Primary outcomes

1

Description
Quality of life

Timepoint
Pre-test, post-test , follow-up.

Method of measurement
Quality of Life Questionnaire in Heart Failure(IHF-QOL) and Depression-Anxiety and Stress Scale(DASS).

2

Description
Self-management

Timepoint
Pre-test, post-test , follow-up.

Method of measurement
European Heart Failure Self-care Behaviour Scale(EHFScBS).

Secondary outcomes

empty

Intervention groups

1

Description
In this study the effectiveness of healthy lifestyle promotion intervention via cognitive-behavioral procedure in eight session 1.30 hr for experimental group in the shahid rajaee hospital in Tehran, was conducted.

Category
Lifestyle

2

Description
In the control group take place routine care and also are seen at start, after 2 months and at the end of the followup.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Rajaee Hospital (Cardiology).

Full name of responsible person
Dr Ahmad Amin

Street address

Valiasr st, Vanak square.

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Faculty of Psychology and Educational Sciences , Semnan University

Full name of responsible person

Dr Rezaee

Street address

Department of Psychology, Faculty of Psychology and Educational Sciences, Semnan University

City

Mehdishahr

Grant name

0

Grant code / Reference number

0

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

Yes

Title of funding source

Vice chancellor for research, Faculty of Psychology and Educational Sciences , Semnan University

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

Faculty of Psychology and Educational Sciences , Semnan University

Full name of responsible person

Marziyeh Zeraatkar

Position

MSc Student in clinical psychology

Other areas of specialty/work

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Person responsible for scientific inquiries

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Web page address

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