Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Asseess the effect of program based on specific care plan in motion and rest on anxiety and quality of life in patients with abdominal surgery.

Protocol summary

Summary

This study is a randomized clinical trial in order to evaluate the effect of specific care programs in the field of activity and resting on anxiety and quality of life of patients with abdominal surgery referred to Imam Reza hospital. The study have two control and intervention groups, sampling was random in even and odd. Intervention was special care program in the field of activity and rest. In this study, data collection were questionnaires. The Spielberger scale and quality of life after abdominal surgery questionnaires were used. Educational intervention and sports activities before the operation was done and exercise was carried out from the first day after surgery up to 15 days to be determined its impact on anxiety and quality of life on patients had abdominal surgery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014010616104N1**
Registration date: **2015-07-21, 1394/04/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-07-21, 1394/04/30

Registrant information

Name
Samira Fatahi
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Tarbiat Modares Uneversity
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Recruitment status

Recruitment complete

Funding source
Tarbiat Modares University

Expected recruitment start date

2014-02-20, 1392/12/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Asseess the effect of program based on specific care plan in motion and rest on anxiety and quality of life in patients with abdominal surgery.

Public title

The impact of training and activity on quality of life and anxiety in patients with abdominal surgery

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: no special physical and mental chronic diseases such as cancer, severe depression and any movement disorder; lack of drug addiction and lack of strong analgesics use; proficiency in Persian; lack of education in the field of medical science; not taking antianxiety drugs. Exclusion criteria: the need for further surgery or readmission to the hospital.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **70**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Randomized sampling in intervention and control groups were even and odd.

Secondary Ids

1

Registry name
-
Secondary trial Id
-
Registration date
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Tarbiat Modares University
Street address
Faculty of Medical Sciences, Tarbiat Modares University, Jalal Ale Ahmad Highway, Nasr (Gisha) Bridge, Tehran, Iran
City
Tehran
Postal code
331-14115
Approval date
2013-11-24, 1392/09/03
Ethics committee reference number
4917 /52د

Health conditions studied

1

Description of health condition studied
Generalized anxiety disorder
ICD-10 code
F41.1
ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Anxiety
Timepoint
Before intervention، after intervention,15 days after intervention
Method of measurement
Spielberger questionnaire

Secondary outcomes

1

Description
Quality of life
Timepoint
Before intervention, 15 days after intervention
Method of measurement
Short term health related qol after abdominal surgery

Intervention groups

1

Description
Control group: the control group received only the usual of drug treatment protocols in hospital and recommendations of the surgeon and nurses at discharge was done.
Category
Lifestyle

2

Description
Intervention group: for the inetrvention group before surgery training pamphlet about activities to be taught how to do its are given to patients. Then the first day after surgery and 15 days after surgery they perform activities.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam Reza hospital of Kermanshah
Full name of responsible person
Samira Fatahi
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Sayyad-e-shirazi blvd, Kermanshah, Iran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
tarbiat modares university
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Saeed Musavian
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Faculty of Medical Sciences, Tarbiat Modares University, Jalal Ale Ahmad Highway, Nasr (Gisha) Bridge, Tehran, Iran
City
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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
tarbiat modares 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

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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