

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jun 2026

Assess 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

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

Phone

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Email address

samira.fatahi@modares.ac.ir

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

Assess 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 /523

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 intervention 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

Street address

Sayyad-e-shirazi blvd, Kermanshah, Iran

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

tarbiat modares university

Full name of responsible person

Saeed Musavian

Street address

Faculty of Medical Sciences, Tarbiat Modares University, Jalal Ale Ahmad Highway, Nasr (Gisha) Bridge, Tehran, Iran

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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

Contact

Name of organization / entity

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Full name of responsible person

Samira Fatahi

Position

Nursing Graduate Student

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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