

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effects of guided imagery on anxiety and physiological parameters in patients with acute coronary syndrome admitted to the cardiac intensive care unit: A randomized controlled clinical trial

Protocol summary

Summary

The purpose of this study is to determine the effects of Guided Imagery on anxiety and physiological parameters in patients with acute coronary syndrome admitted to the cardiac intensive care unit. This is a single center-randomized study and population will be patients with acute coronary syndrome admitted to the cardiac intensive care unit. Inclusion criteria include patients agreed to participate in the study, the definitive diagnosis based on clinical symptoms, ECG and Cardiologist' visit, suffering a heart attack for the first time (previously not admitted to the CCU), aged between 30 and 80 years. Exclusion criteria include the patient's lack of consent to continue, treatment of arrhythmia during the intervention and performing CPR on a patient during the intervention. After the ethics committee approval and permission from the 22- Bahman hospital authorities, the informed consent form will be given to the patients and the purpose of the research will be explained within 5 minutes for them. Then informed consent and demographic form will be completed by the participants. The intervention will be started at the beginning of the hospitalization. Thus intervention group in addition to usual care, 2 times a day in the morning (between 8 and 10) and night (between 20 and 22) will listen to the Guided Imagery CD which is prepared by the researcher by using a CD player and headphones for 18 minutes. The CD contains sentences to visualize the beautiful scenery (beach), pleasant scenes and positive phrases to decrease anxiety. To control interfering factors and increase accuracy of visualization, researcher will be present at all meetings. The control group will receive only routine care. Spielberger questionnaire on the first day and the last day before the intervention will be used. Also physiological parameters such as blood pressure, respiration, heart rate and oxygen saturation before and after intervention will be measured using

Monitoring. Anxiety and pain will be measured before and after each intervention. The effects of Guided Imagery, the main variable, will be measured on anxiety and physiological parameters.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014031016919N1**

Registration date: **2014-10-22, 1393/07/30**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-10-22, 1393/07/30

Registrant information

Name

Mahdi Pahlavan

Name of organization / entity

Gonabad university of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 53 3733 3676

Email address

pahlavan.m@gmu.ac.ir

Recruitment status

Recruitment complete

Funding source

The research will be done by personal expenditure

Expected recruitment start date

2014-10-23, 1393/08/01

Expected recruitment end date

2015-06-20, 1394/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of guided imagery on anxiety and physiological parameters in patients with acute coronary syndrome admitted to the cardiac intensive care unit: A randomized controlled clinical trial

Public title

Guided Imagery for Anxiety Reduction in Cardiac Patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1-patients agree to participate in the study 2- the definitive diagnosis based on clinical symptoms, ECG and Cardiologist' visit 3- suffering a heart attack for the first time (previously not admitted to the CCU) 4- aged between 30 and 80 years 5- not using anti-arrhythmic drugs during hospitalization, 6- heart disease history between 6 months and 5 years 7- not having mental illnesses, including delusions, hallucinations, and so on 8- not being admitted in CPR 9- patient must be fully conscious and able to answer questions 10- not having family history of sudden death due to heart disease 11- physician confirms that the patient is able to perform the procedure. Exclusion criteria: 1- the patient's lack of consent to continue 2- treatment of arrhythmia during the intervention 3- performing CPR on patient during the intervention 4- heart attack that result in cardiac bypass surgery or angioplasty 5- other serious physical illness that reduce life expectancy.

Age

From **30 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

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**

Ethics committee of Gonabad University of Medical Sciences.

Street address

The next of Asian road, Gonabad University of Medical Sciences

City

Gonabad

Postal code**Approval date**

2010-08-20, 1389/05/29

Ethics committee reference number

GMU.REC.1392.58

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

acute coronary syndrome

ICD-10 code

124.8

ICD-10 code description

Other forms of acute ischaemic heart disease

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

physiological parameters blood pressure, respiration, heart rate and oxygen saturation

Timepoint

before and after each intervention

Method of measurement

using Monitoring

2**Description**

Anxiety

Timepoint

before and after each intervention

Method of measurement

Visual analogue of anxiety

3**Description**

Pain

Timepoint

before and after each intervention

Method of measurement

Visual analogue of pain

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group in addition to usual care, 2 times a day in the morning (between 8 and 10) and night (between 20 and 22) will listen to the Guided Imagery CD which is prepared by the researcher by using a CD player and headphones for 18 minutes.

Category

Other

2

Description

The control group will receive only routine care.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Gonabad hospital of 22 Bahman

Full name of responsible person

Mahdi Pahlavan

Street address

Gonabad University of Medical Sciences

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Gonabad University of Medical Sciences

Full name of responsible person

Doctor Ali Mohammadpour

Street address

Gonabad University of Medical Sciences

City

Gonabad

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, Gonabad 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

Gonabad University of Medical Sciences

Full name of responsible person

Mahdi Pahlavan

Position

MSC of student critical care nursing

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