

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Comparing the effects of 4 and 8 weeks Cardiac Rehabilitation exercise on Exercise Capacity, Anxiety, Depression and quality of life in High Risk Cardiac Patients post CABG.

Protocol summary

Summary

Introduction: Cardiovascular disease is leading cause of mortality and morbidity in the world. Although the physiological and psychological benefits of exercise cardiac rehabilitation (CR) as main part of secondary prevention have been shown in low risk cardiac patients, there is lack of scientific evidence in high risk cardiac patients. The aim of present study was to investigate the effects of CR program on high risk cardiac patients in Iran. Methods: 40 high risk cardiac patients (mean age 61.40 ± 6.09) who had coronary artery bypass grafting (CABG) participated in phase III exercise cardiac rehabilitation. Participants were randomly divided in two groups which one group completed 4 weeks CR while other group participated in 8 weeks CR program. All patients underwent symptom limited exercise testing using modified Bruce Protocol before and immediately after CR program. Participants also completed Hospital Anxiety and Depression scale (HADS) at baseline and end of CR program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014042917456N2**

Registration date: **2014-08-22, 1393/05/31**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-08-22, 1393/05/31

Registrant information

Name

Azam Bashiri

Name of organization / entity

Tehran University

Country

Iran (Islamic Republic of)

Phone

+98 81 3833 7019

Email address

azam.bashiri@alumni.ut.ac.ir

Recruitment status

Recruitment complete

Funding source

University of bu_ali sina hamedan

Expected recruitment start date

2012-12-20, 1391/09/30

Expected recruitment end date

2013-08-21, 1392/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effects of 4 and 8 weeks Cardiac Rehabilitation exercise on Exercise Capacity, Anxiety, Depression and quality of life in High Risk Cardiac Patients post CABG.

Public title

Comparing the effects of 4 and 8 weeks Cardiac Rehabilitation exercise on Exercise Capacity, Anxiety, Depression and quality of life in High Risk Cardiac Patients post CABG.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age range of 50-70 years old; patients

post CABG; patients hospitalized in Ekbatan hospital to be cardiac rehabilitated; high risk cardiac patients; patients agreed to participate in the research voluntarily. Exclusion criteria: patients under 50 and upper 70 years old; low risk cardiac patients; patients being under treatment except doing CABG; patients not willing to participate in the research.

Age

From **50 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

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

Tehran University

Street address

Sport College, North Kargar st., Enghelab square

City

Tehran

Postal code

Approval date

2013-01-09, 1391/10/20

Ethics committee reference number

43728

Health conditions studied

1

Description of health condition studied

Cardiac exercise rehabilitation

ICD-10 code

I21

ICD-10 code description

Acute myocardial infarction

Primary outcomes

1

Description

Exercise capacity

Timepoint

At the first and in the end of rehabilitation period

Method of measurement

Participants did the exercise test (corrected protocol of Bruss)

2

Description

Anxiety and depression

Timepoint

At the first and in the end of rehabilitation period

Method of measurement

HADS questionnaire

3

Description

Quality of life

Timepoint

At the first and in the end of rehabilitation period for two groups

Method of measurement

QLMI questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Cardiac rehabilitation program for 4 weeks

Category

Rehabilitation

2

Description

Cardiac rehabilitation program for 8 weeks

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Ekbatan hospital of Hamedan

Full name of responsible person

Azam Bashiri

Street address

Ekbatan hospital of Hamedan, taleghani

street,hamedan

City

Hamedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University

Full name of responsible person

Dr Fazlolah Bagherzadeh

Street address

Sport College, North Kargar st., Enghelab square

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University

Full name of responsible person

Reza Rajabi

Position

Professor in sport injury and correctiv exercise -
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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