Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of a Cardiac Rehabilitation Program on Quality of Life in Acute Coronary Syndrome Patients

Protocol summary

Summary

Acute coronary syndrome is one of the major cardiovascular diseases that lead to a significant amount of morbidity and hospitalization. The purpose of the present study was to investigate the effect of cardiac rehabilitation on quality of life in patients with acute coronary syndrome. This was a clinical trial study on 50 patients with acute coronary syndrome admitted to the coronary care unit in 2013-2014 without chronic heart failure and uncontrolled hypertension. The participants were randomly assigned to two groups of control and experimental. The experimental group received cardiac rehabilitation program, however, the control group received routine care. The data was collected via a demographic questionnaire and sf-36 quality of life questioner before and after the intervention. The results of this study may show that Cardiac rehabilitation program can lead to improving the quality of life in patients with acute coronary syndrome

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014061418075N2**
Registration date: **2014-07-15, 1393/04/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-07-15, 1393/04/24

Registrant information

Name

Safura Dorri

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

s_dorri@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2013-10-11, 1392/07/19

Expected recruitment end date

2014-03-19, 1392/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of a Cardiac Rehabilitation Program on Quality of Life in Acute Coronary Syndrome Patients

Public title

The Effect of cardiac rehabilitation on quality of life in patients with acute coronary syndrome

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: The desire of patients; No history of chronic heart failure, Dementia, disability or contraindications for exercise (such as joint disease); No uncontrolled hypertension, Complete Heart Block, uncontrolled dysrhythmia and thrombophlebitis; No Any type of heart surgery; Allow physicians to participate in rehabilitation programs. Exclusion criteria: Irregular participation in the rehabilitation program

Age

From **30 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

Isfahan University of Medical Sciences

Street address

Hezargarib street-Isfahan

City

Isfahan

Postal code

Approval date

2013-06-16, 1392/03/26

Ethics committee reference number

392403

Health conditions studied

1

Description of health condition studied

acute coronary syndrome

ICD-10 code

120.0-121-

ICD-10 code description

Unstable angina-Acute myocardial infarction-Subsequent myocardial infarction

Primary outcomes

1

Description

Quality of life

Timepoint

Before intervention- one month after intervention

Method of measurement

Sf-36 questioner

Secondary outcomes

empty

Intervention groups

1

Description

For intervention group: cardiac rehabilitation in phase 1 and 2 (hospitalization and one month after discharge). Interventions in phase 1 include: education about safe activity for patient based on metabolic equivalent rate and delivering the patient to very light activity level (maximum 3 MET). Interventions in phase 2 (to delivering the patient to moderate activity level or maximum 7 MET) include: refer to hospital in the first and fourth weeks after discharge to do electrocardiography, cardiologist visit, monitoring of blood pressure, heart rate, safe walking, and heart monitoring after walking. In the second and third weeks after discharge, telephone follow-up was done and education about safe activity, were given to the patients.

Category

Rehabilitation

2

Description

For control group: routine care in CCU ward in hospitalization time

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Shohadaye Lenjan hospital

Full name of responsible person

Safura Dorri

Street address

shohadaye Lenjan hospital, Zarrin Shahr

City

Zarrin Shahr

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Research unit of Isfahan University of Medical Sciences

Street address
Isfahan
City
Isfahan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Isfahan 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
Isfahan University of Medical Sciences
Full name of responsible person
Asghar khalife zadeh
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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