

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The effect of psychological preparation on level of anxiety associated with Coronary artery bypass grafting (CABG) before and after surgery in hospitalized patients of Ahvaz golestan hospital

Protocol summary

Summary

In this randomized controlled trial 112 patients who were hospitalized in coronary artery surgery department of Ahvaz Golestan Hospital were selected. According to random number table, patients were divided into two groups of control and intervention, that each group has 56 members. Aim of the study was explained to the patients, and then they were asked to fill out the consent form. After the inclusion and exclusion criteria were taken into account, the patients were randomly divided into an experimental and a control group. Inclusion criteria such as age of 18-80 years, participants should be able to communicate, and can speak Farsi, and Exclusion criteria like having cognitive problem, and if they had history of major psychological disorder and cognitive problem, they were excluded. This study is open-label and categorize in 2-3 trial phase. Aim of this study is determining state and trait anxiety and compares them in intervention and control group. A Spielberg questionnaire for measuring level of anxiety was used and filled out by patients in 2 times. The first time when patients hospitalized to the coronary artery part that represents the basic anxiety and the second time, two days after surgery when they left the ICU. For the experimental group, after the questionnaire was completed in the first phase, psychological preparation was carried out for the patients. After their anxiety, information, and beliefs about heart surgery were assessed, the intervention was carried out in three areas: Information control, Cognitive and Behavioral control (special breath exercises, swallowing training, and distraction technique). The same time, pamphlets (properties of fruits and vegetables) gave to control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016031120739N3**

Registration date: **2016-06-10, 1395/03/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-06-10, 1395/03/21

Registrant information

Name

Forouzan Behroozina

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 3374 3038

Email address

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Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2015-08-22, 1394/05/31

Expected recruitment end date

2015-11-21, 1394/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of psychological preparation on level of anxiety associated with Coronary artery bypass grafting (CABG) before and after surgery in hospitalized patients of Ahvaz golestan hospital

Public title

The effects of psychological preparation on the level of anxiety resulting from heart surgery

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age 80-18 years; Farsi language skills; ability to communicate verbally; consent to enter the scheme Exclusion criteria: Dementia; cognitive impairment (such as delirium); mental retardation; obvious physical problems that interference in consultation; history of major psychiatric disorders; stopping of cooperation from the patient and when the patient's anxiety is high that not to be able to cooperate.

Age

From **18 years** old to **80 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **112**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Randomization was done by random number table

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ahvaz Jundishapur University of Medical Sciences

Street address

Ahvaz Jundishapur University of Medical Sciences,
Golestan Blvd, Ahvaz

City

Ahvaz

Postal code

Approval date

2015-08-23, 1394/06/01

Ethics committee reference number

Ir.ajums.REC.1394.21

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F40,F41,F

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

State Anxiety

Timepoint

Before Intervention - After Intervention

Method of measurement

Questionnaire

2

Description

Trait Anxiety

Timepoint

Before Intervention - After Intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: A Spielberg questionnaire for measuring level of anxiety was used and filled out by patients in 2 times. The first time when patients hospitalized to the coronary artery part that represents the basic anxiety and the second time, two days after surgery when left the ICU. For the experimental group, after the questionnaire was completed in the first phase, psychological preparation was carried out for the patients. After their anxiety, information, and beliefs about heart surgery were assessed, the intervention was carried out in three areas: Information control, Cognitive and Behavioral control (special breath exercises, swallowing training, and distraction technique)

Category

Behavior

2

Description

Control group: The length of time it takes for cases for intervention, And more neutral (properties of fruits and vegetables) that are pamphlets for studying the control groups are no longer used.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Ahvaz Golestan hospital

Full name of responsible person

Forouzan Behrouzian

Street address

Golestan Hospital, Golestan Blvd, Ahvaz

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Forouzan Behrouzian

Street address

Ahvaz Golestan Hospital, Golestan Blvd, Ahvaz

City

Ahvaz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz Jundishapur 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

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Forouzan Behrouzian

Position

Assistant Professor

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