

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### Efficacy of illness perception focused intervention on quality of life, anxiety and depression in patients with myocardial infarction

#### Protocol summary

##### Summary

A randomized controlled trial study of 48 recently hospitalized MI patients will be conducted (24 in intervention group and 24 in control group). This randomized controlled trial study was done to compare quality of life, anxiety and depression in patients with myocardial infarction who discharged from hospital undergone an illness perception improvement intervention (study group) to the routine discharged patients (control group). Intervention group will be trained to understand the disease by a mental health counselor in three half an hour sessions for 3 consecutive days. Data will be collected from 3 questionnaire (Hospital Anxiety Depression Scale (H.A.D.S), The World Health Organization Quality of Life Questionnaire (short form) and Illness Perceptions Questionnaire Brief (IPQ-B)) at admission, 1.5 and 3 months post-discharge.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201507262266N4**

Registration date: **2015-10-30, 1394/08/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-10-30, 1394/08/08

##### Registrant information

###### Name

Gholamreza Kheirabadi

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 1222 2135

###### Email address

kheirabadi@bsrc.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Isfahan University of Medical Sciences

##### Expected recruitment start date

2014-10-30, 1393/08/08

##### Expected recruitment end date

2015-05-30, 1394/03/09

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Efficacy of illness perception focused intervention on quality of life, anxiety and depression in patients with myocardial infarction

##### Public title

Illness perception and Myocardial Infarction

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: Myocardial Infarction. Exclusion criteria: Myocardial Infarction secondary to bypass surgery or angioplasty; History of psychiatric disorders (anxiety or depression); being on treatment for depression or anxiety ; substance abuse or dependence .

##### Age

From **35 years** old

##### Gender

Both

##### Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 48

## 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

Iran

##### City

isfahan

##### Postal code

#### Approval date

2014-10-25, 1393/08/03

#### Ethics committee reference number

393553

## Health conditions studied

### 1

#### Description of health condition studied

Myocardial Infarction

#### ICD-10 code

I20-I25

#### ICD-10 code description

myocardial infarction specified as acute or with a stated duration of 4 weeks (28 days) or less from onset

## Primary outcomes

### 1

#### Description

Quality of life

#### Timepoint

0, 1.5 and 3 months

#### Method of measurement

Questionair

## Secondary outcomes

### 1

#### Description

Anxiety and Depression

#### Timepoint

0, 1.5 and 3 months

#### Method of measurement

Questionair

### 2

#### Description

Anxiety and depression

#### Timepoint

0, 1.5 and 3 months

#### Method of measurement

Questionair

## Intervention groups

### 1

#### Description

Intervention group: psycho-education

#### Category

Other

### 2

#### Description

control group: free speaking as placebo.

#### Category

Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Chamran, Alzahra and Khorshid hospitals

##### Full name of responsible person

Gholam Reza Kheirabadi

##### Street address

Behavioral Sciences Resaerch Center, Isfahan  
University of Medical Sciences, Isfahan, Iran

##### City

Isfahan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Isfahan University of Medical Sciences

##### Full name of responsible person

Dr Nematbakhsh

##### Street address

Isfahan University of Medical Sciences, Vice

chancellor fo research

**City**  
Isfahan

**Grant name**

**Grant code / Reference number**  
393553

**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**  
Dr Gholam Reza kheirabadi

**Position**  
Academic member

**Other areas of specialty/work**

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behavioral Sciences Resaerch Center

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kheirabadi@bsrc.mui.ac.ir

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## Person responsible for scientific inquiries

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Dr Gholam Reza kheirabadi

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psychiatrist

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**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Isfahan University of Medical Sciences

**Full name of responsible person**  
Dr Gholam Reza kheirabadi

**Position**  
psychiatrist

**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*