

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Aug 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 Infarct 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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Person responsible for scientific inquiries

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psychiatrist

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Web page address

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