Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of natural sounds on anxiety of patients undergoing coronary artery bypass graft surgery hospitalized in cardiac intensive care unit

Protocol summary

Summary

This study is a randomized clinical trial that aimed to investigate the effect of natural sounds on anxiety in patients undergoing coronary artery bypass graft surgery. Research population are patients that hospitalized in cardiac intensive care unit of Shafa hospital affiliated to Kerman University of Medical Sciences for coronary artery bypass graft surgery. Sample size estimated 90 that will select by purposeful method and assign into two groups by minimization method. Intervention included playing music sounds of nature for subjects which was offered in one 30-minute session to intervention group. Control group receive headphone without music. Data collection tools are demographic questionnaire and Spielberger anxiety inventory questionnaire that be completed before and 30 minute post intervention . Finally, data will analyze using descriptive and analytical statistics tests.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017011723190N3**
Registration date: **2017-03-01, 1395/12/11**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-03-01, 1395/12/11

Registrant information

Name

Tabandeh Sadeghi

Name of organization / entity

Rafsanjan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3425 5900

Email address

t.sadeghi@rums.ac.ir

Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Sciences

Expected recruitment start date

2017-02-19, 1395/12/01

Expected recruitment end date

2017-06-22, 1396/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of natural sounds on anxiety of patients undergoing coronary artery bypass graft surgery hospitalized in cardiac intensive care unit

Public title

the effect of natural sounds on anxiety of patients undergoing coronary artery bypass graft surgery

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Patients Should be alert and be aware of time and space; Age over 18 years; The patients should for first time had been undergone surgery; During data collection the patients shouldn’t have any pain that causes anxiety as well as they shouldn’t have fever due to organic reason They shouldn’t use any sedative drug; Do not have a hearing problem and no problem to use headphones; Be able to participate in the research and collaboration; Sign an informed consent form; at least

two hours have been left since admission; The patient have no narcotic drug use since morning before practice through any route of administration (oral, sublingual, intravenous and inhalation). Exclusion criteria: Lack of willingness to collaborate for research; any condition that causes mute the music during work; the need for the use of sedative and narcotic drugs during sound playback or before the completion of the second round of questionnaire.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Rafsanjan University of Medical Sciences

Street address
Central Organization, Imam Ali Blvd, Rafsanjan, Iran

City
Rafsanjan

Postal code

Approval date
2016-12-19, 1395/09/29

Ethics committee reference number
IR.RUMS.REC.1395.117

Health conditions studied

1

Description of health condition studied
Generalized anxiety disorder

ICD-10 code
F41.1

ICD-10 code description
Anxiety that is generalized and persistent but not restricted to, or even strongly predominating in, any particular environmental circumstances (i.e. it is

Primary outcomes

1

Description
Anxiety

Timepoint
pre test and post test

Method of measurement
state-trait anxiety inventory

Secondary outcomes

empty

Intervention groups

1

Description
Music Sounds of nature that includes work for 30 minutes as recorded by Dr. Sounds Of Nature Arnd Stein in 2011.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shafa Hospital affiliated to Kerman University of Medical Sciences

Full name of responsible person

Street address

City
Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Rafsanjan University of Medical Sciences

Full name of responsible person
Dr Ali Shamsi Zadeh

Street address
Central Organization, Imam Ali Blvd., Rafsanjan, Iran

City
Rafsanjan

Grant name

Grant code / Reference number

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

Title of funding source

Rafsanjan 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

Rafsanjan University of Medical Sciences

Full name of responsible person

Tabandeh Sadeghi

Position

Nursing PHD, Assistant professor

Other areas of specialty/work

Street address

Jomhouri Street, Nursing and Midwifery School, Rafsanjan

City

Rafsanjan

Postal code

Phone

+98 34 3425 5900

Fax

Email

t.sadeghi@rums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Tabandeh Sadeghi

Position

Nursing PHD, Assistant professor

Other areas of specialty/work

Street address

Jomhouri Street, Nursing and Midwifery School, Rafsanjan

City

Rafsanjan

Postal code

Phone

+98 34 3425 5900

Fax

Email

t.sadeghi@rums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Tabandeh Sadeghi

Position

Nursing PHD, Assistant professor

Other areas of specialty/work

Street address

Jomhouri Street, Nursing and Midwifery School, Rafsanjan

City

Rafsanjan

Postal code

Phone

+98 34 3425 5900

Fax

Email

t.sadeghi@rums.ac.ir

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