

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effects of peer-led education on anxiety of the family care givers of patients undergoing coronary artery bypass surgery (CABG): a clinical trial

Protocol summary

Summary

The main aim of present study is to investigate the peer-based education influence on anxiety rate of family caregivers among candidate patients for coronary artery surgical operation. To this end, firstly the peer group is surveyed and selected. Then by holding three meeting session, the required concepts along with the information and experiences of peer group were reviewed and modified. Then, fifty caregivers of candidate patients for chronic artery surgical operation which have the corresponding criteria of hospital support and home caring abilities were selected by simple sampling method. caregivers were classified into two equal clusters as control and intervention groups so the samples were selected based on the block random assigned method in each week. Spielberger standard questionnaire was used to assess the anxiety parameter which is a valid and reliable scale. Finally, the anxiety rate is measured before and after the education of patient's family. In the intervention test group, the education process is conducted by peer group in two sessions each one for 2 hours and in two consecutive days.

General information

Acronym

coronary artery bypass surgery: CABG

IRCT registration information

IRCT registration number: **IRCT2015072523337N1**

Registration date: **2015-11-29, 1394/09/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-11-29, 1394/09/08

Registrant information

Name

Ehsan Ghadiri

Name of organization / entity

Isfahan University Of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan university of medical sciences

Expected recruitment start date

2015-09-21, 1394/06/30

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 effects of peer-led education on anxiety of the family care givers of patients undergoing coronary artery bypass surgery (CABG): a clinical trial

Public title

The effects of peer-led education on anxiety of the family care givers of patients undergoing coronary artery bypass surgery

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Participants must be the first degree relatives of patient; They also should have the main role in supporting of patient in the hospital or home; The minimum age of participants must not be less than 18 years old and also they should not have any history of heart disease nursing activity; The participants must not be a member of therapy and healthcare teams; They should have literacy skill and familiar with the Persian language .The meeting of required inclusion criteria is assessed through a questionnaire. Exclusion criteria: participants who experienced crisis such as economic problems or missing first degree relatives during the study; the participants which have not presented in all educational sessions; the participant that his/her patient needs the urgent cares during the study period.

Age

From **18 years** old to **85 years** old

Gender

Both

Phase

2

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

To prevent intervention and control groups interference, assigning them randomly to two groups will be by block random assignment.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Isfahan University of Medical Sciences

Street address

Hezar Jarib Avenue, Isfahan, University Of Medical Sciences

City

Isfahan

Postal code

Approval date

2015-08-23, 1394/06/01

Ethics committee reference number

Ir.mui.rec.1394.3.406

Health conditions studied

1

Description of health condition studied

anxiety of family member about sick person

ICD-10 code

Z63.7

ICD-10 code description

Anxiety (normal) about sick person in family

2

Description of health condition studied

Coronary artery disease

ICD-10 code

I25.1

ICD-10 code description

atherosclerosis

3

Description of health condition studied

Disruption in health status of family members

ICD-10 code

Z63.7

ICD-10 code description

Ill or disturbed family member

Primary outcomes

1

Description

anxiety

Timepoint

before and after intervention

Method of measurement

Spielberger Anxiety Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention test group, the education process is conducted by peer group in two sessions each one for 2 hours and in two consecutive days. In this meetings, the researcher has the task of coordinating and organizing And to monitor the correct implementation of training and achieving goals. Educational content based on research purposes in order to give information about health care, follow-up, communication skills and reduce anxiety.

Category

Other

2

Description

In the control group, in addition to routine training held a one-hour sessions where patients' families get together and talk about their favorite topics

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Chamran hospital

Full name of responsible person

-

Street address

after the Shahrestan bridge, Salman Farsi St., Isfahan

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research , Isfahan University of Medical Sciences

Full name of responsible person

Dr Mehdi Nematbakhsh

Street address

Hezar Jarib Avenue, Isfahan University Of Medical Sciences

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for research , 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 medical university of sciences

Full name of responsible person

Ehsan Ghadiri

Position

master of science of psychiatric nursing

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