

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### The effect of educational program based on the theory of planned behavior on the lifestyle of patients with myocardial infarction admitted to hospital in Marine Corps Hospital in Bandar Abbas

#### Protocol summary

##### Summary

This study is a randomized controlled clinical trial to determine the effect of an educational intervention based on the theory of planned behavior on the lifestyle of patients with myocardial infarction admitted to the Naval Hospital Corps in the city of Bandar Abbas. The study population of patients with myocardial infarction admitted to the Naval Hospital of Bandar Abbas and a sample of 34 patients in each group were calculated based on a formula taking into account the 20% loss of sample size for each group was determined 40. Do not be blinding in this study. Random allocation of subjects to intervention and control groups based on odd or even numbers of patient records is done. After the administrative procedures is referred to medical records And cases of heart attack patients admitted to the hospital Inclusion criteria have been arranged by date of acceptance And then using a table of random numbers, 80 of these patients are selected And then go to the door and after obtaining informed consent from their patients will be invited. The file number is odd or even assign patients to treatment groups or individuals to control the. Demographic questionnaire, promoting healthy lifestyles and self-made questionnaire based on the structure of the theory of planned behavior before and after the intervention of one month and three months after treatment is completed by interviewing patients. Inclusion criteria for the study: Acute myocardial infarction by a cardiologist; More than a year has passed since the patient is having a heart attack; At least 3 months after the last patient is having a heart attack; Ages 30 to 65 years. Exclusion criteria: absence of more than a training session classes 5- intervention: Intervention for 4 sessions for test groups a one-hour sessions will be held each week. For Witness groups there was no intervention. Main outcome measures: Studied the consequences of lifestyle scores,

and scores of structures in both the theory of planned behavior that is already in the process of intervention, one month and three months after the intervention will be evaluated.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015072823384N1**

Registration date: **2015-08-13, 1394/05/22**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2015-08-13, 1394/05/22

##### Registrant information

###### Name

Tooba Karimy

###### Name of organization / entity

Baqiyatallah University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 76 3342 0826

###### Email address

karimy124@gmail.com

##### Recruitment status

###### Recruitment complete

##### Funding source

50% of the cost paid by the University and And 50% of the cost paid by the researcher.

##### Expected recruitment start date

2015-08-23, 1394/06/01

##### Expected recruitment end date

2015-09-23, 1394/07/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of educational program based on the theory of planned behavior on the lifestyle of patients with myocardial infarction admitted to hospital in Marine Corps Hospital in Bandar Abbas

**Public title**

The effect of education on the lifestyle of patients with heart failure

**Purpose**

Prevention

**Inclusion/Exclusion criteria**

Inclusion criteria:Diagnosis acute myocardial infarction by a cardiologist ; the ability to participate in classes (speech, auditory and physical) ; lack of psychological problems ; aged 30 to 65 years ; More than a year since the heart attack patient is passed ; At least 3 months after the last patient is having a heart attack ; The members of the health care is not Exclusion criteria: The absence of a classroom training session

**Age**

From **30 years** old to **64 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **80**

**Randomization (investigator's opinion)**

Not randomized

**Randomization description**

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

**1**

**Registry name**

-

**Secondary trial Id**

-

**Registration date**

empty

**Ethics committees**

**1**

**Ethics committee**

**Name of ethics committee**

Baqiyatallah University of Medical Sciences

**Street address**

Baqiyatallah University of Medical Sciences , Sheikh Baqiyatallah University of Medical Sciences , Bahai Avenue South , Molla Sadra Ave, Vali Asr Square , Tehran

**City**

Tehran

**Postal code**

**Approval date**

2014-11-02, 1393/08/11

**Ethics committee reference number**

Section 56 No. 5904

**Health conditions studied**

**1**

**Description of health condition studied**

Myocardial infarction

**ICD-10 code**

I21

**ICD-10 code description**

Acute myocardial infraction

**Primary outcomes**

**1**

**Description**

life style

**Timepoint**

Before the intervention, one month and three months after intervention

**Method of measurement**

Health-promoting lifestyle questionnaire

**Secondary outcomes**

**1**

**Description**

Structural theory of planned behavior Brnah

**Timepoint**

Before the intervention, one month and three months after intervention after intervention

**Method of measurement**

Questionnaire based on the theory of planned behavior

**Intervention groups**

**1**

**Description**

Intervention in the control group:Any type of intervention

is not done, but at the end of a training session will be held on the lifestyle for them and provide them with the training manual and CD-ROM

**Category**

N/A

**2**

**Description**

Intervention in the test group: Internal training is done for 4 sessions Structure-based training theory of planned behavior is affecting lifestyle And every week a nearly one-hour training session with a panel discussion and questions and answers will be held.

**Category**

Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Navy Marine Corps Hospital in Bandar Abbas

**Full name of responsible person**

Tooba Karimy

**Street address**

Hospital Sahbalzman , Boulevard 22 , Bandar Abbas

**City**

Bandar Abbas

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Baqiyatallah University of Medical Sciences

**Full name of responsible person**

Mr Nowruz Mahmoudi

**Street address**

Baqiyatallah University of Medical Sciences , Sheikh Bahai Avenue South , Street Mollasadra ,Vali Asr Square ,Tehran

**City**

Tehran

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Baqiyatallah 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**

Baqiyatallah University of Medical Sciences

**Full name of responsible person**

tooba karimy

**Position**

Master Student Health

**Other areas of specialty/work**

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**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Baqiyatallah University of Medical Sciences

**Full name of responsible person**

Doctor Mohsen Safari

**Position**

Doctorate in health education

**Other areas of specialty/work**

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**Position**

Graduate student health education

**Other areas of specialty/work**

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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*