Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 maasures: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

Street address

No. 1589 , Mhkan , Town Hadish , Bandar Abbas

City

Bandar Abbas

Postal code

Phone

+98 76 3262 4044

Fax

Email

karimy124@gmail.comkarimytooba@yahoo.com

Web page address

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

Street address

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

City

Tehran

Postal code

Phone

+98 21 8804 0153

Fax

Email

saffari.edu@gmail.comsaffari.ac@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Baqiyatallah University of Medical Sciences

Full name of responsible person

tooba karimy

Position

Graduate student health education

Other areas of specialty/work

Street address

No.1589 , Mhkan , Town Hadish , Bandar Abbas

City
Bandar Abbas
Postal code
Phone
+98 76 3262 4044
Fax
Email
karimy124@gmail.comkarimytooba@yahoo.com
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