

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of peer education on treatment adherence and quality of life in Coronary Artery Bypass Graft (CABG) patients

#### Protocol summary

##### Summary

This study is performed to investigate the effect of peer education on treatment adherence and quality of life in patients undergoing Coronary Artery Bypass (CABG) surgery. Three patients who had previously undergone CABG, have a good quality of life (score of >37 from SF12) and an ability to educate are chosen as peer educators. The nurse researcher trains the peers for post CABG patient education through two sessions. The educational content is provided for them via an educational booklet. The peers perform three educational sessions for the CABG patients in the trial group during the first week of their hospital stay. The routine patient education is delivered for the control group. The short form of quality of life questionnaire (SF12) as well as the treatment adherence form are completed before, one month after and two months after the teaching. The acquired mean scores are compared between the groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017060623670N2**

Registration date: **2017-06-19, 1396/03/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-06-19, 1396/03/29

##### Registrant information

##### Name

Farzaneh Golaghaei

##### Name of organization / entity

Arak University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 86 3417 3524

##### Email address

golaghaei@arakmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Research Deputy of Arak University of Medical Sciences

##### Expected recruitment start date

2016-10-05, 1395/07/14

##### Expected recruitment end date

2017-02-06, 1395/11/18

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of peer education on treatment adherence and quality of life in Coronary Artery Bypass Graft (CABG) patients

##### Public title

Effect of peer education on treatment adherence and quality of life in Coronary Artery Bypass Graft (CABG) patients

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: The patient undergoes coronary artery bypass graft for the first time; there were no mental or physical disorder; the age of 40 to 70 years; be able to speak Persian; have the facilities to communicate with telephone; the patient has no medical related graduation; Exclusion criteria: Death of the patient during the study; loss of ability to care himself/herself

due to a new physical illness; refuse to continue participating in the study

**Age**

From **40 years** old to **70 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **70**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Single blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics Committee of Arak University of Medical Sciences

**Street address**

Payambar Azam Academic Site, Basij Square

**City**

Arak

**Postal code**

6941738481

**Approval date**

2016-10-05, 1395/07/14

**Ethics committee reference number**

IR.ARAKMU.REC.1395.206

**Health conditions studied****1****Description of health condition studied**

Atherosclerotic heart disease

**ICD-10 code**

I25.1

**ICD-10 code description**

Atherosclerotic heart disease

**Primary outcomes****1****Description**

Treatment adherence

**Timepoint**

one month and two month after intervention

**Method of measurement**

Treatment adherence questionnaire

**2****Description**

Quality of life

**Timepoint**

before intervention, one month and two month after intervention

**Method of measurement**

SF12 questionnaire

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Three patients who had previously undergone CABG, have a good quality of life (score of >37 from SF12) and an ability to educate are chosen as peer educators. The nurse researcher trains the peers for post CABG patient education through two sessions. The educational content is provided for them via an educational booklet. The peers perform three educational sessions for the CABG patients in the trial group during the first week of their hospital stay.

**Category**

Other

**2****Description**

In control group, patient education is performed according to the ward routines.

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Shariati Hospital

**Full name of responsible person**

Shahzad Esmailie Kalantari

**Street address****City**

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Research Deputy of Arak University of Medical Sciences

**Full name of responsible person**

Dr. Ali Ghazavi

**Street address**

Payambar Azam Academic site, Basij Square

**City**

Arak

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Research Deputy of Arak 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**

Arak University of Medical Sciences

**Full name of responsible person**

Dr. Farzaneh Golaghaie

**Position**

Ph.D

**Other areas of specialty/work****Street address**

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golaghaei@arakmu.ac.ir

**Web page address**

## Person responsible for scientific inquiries

#### Contact

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## Person responsible for updating data

#### Contact

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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*