

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Comparison the effect of nutrition counseling on dietary quality index among cardiac patients referred to Cardiac Rehabilitation Research Center Isfahan Cardiovascular Research Institute during 2008-2013

Protocol summary

Summary

The aim of this study is to improve the quality of life and healthy nutrition pattern in cardiac patients. This study will be conducted on cardiovascular patients who admitted to the Cardiac Rehabilitation Research Center, Isfahan Cardiovascular Research Institute between (2008-2013). Three days dietary records that the completion of them is trained by expert dietitian are given for each patient in the beginning of the cardiac rehabilitation. Patients will be asked to complete the dietary record for three days, including Two days a week and a holiday. After the dietary records are completed by subjects, dietary recommendation will be done based on dietary pattern and individual statues according to ATPIII guideline. Subjects who completed dietary record before cardiac rehabilitation will be asked to complete dietary record after cardiac rehabilitation too. All patients who referred to this center by cardiologist or Cardiac surgeon and completing the cardiac rehabilitation program and 2 dietary records (before and after cardiac rehabilitation) will be enrolled to this study based on all people counting method. Dietary quality index including dietary diversity score, healthy eating index, dietary energy density and dietary approach to stop hypertension will be calculated and compared based on three days dietary records before and after dietary consultation.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015090923957N1**

Registration date: **2015-10-14, 1394/07/22**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-10-14, 1394/07/22

Registrant information

Name

Sayyed Morteza Safavi

Name of organization / entity

Isfahan University of Medical Sciences

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safavimorteza@nutr.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Isfahan University of Medical Sciences

Expected recruitment start date

2015-06-22, 1394/04/01

Expected recruitment end date

2016-03-19, 1394/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of nutrition counseling on dietary quality index among cardiac patients referred to Cardiac Rehabilitation Research Center Isfahan Cardiovascular Research Institute during 2008-2013

Public title

Comparison of diet quality before and after the dietary

consultation in cardiac patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Coronary heart disease patients which had a heart attack at least 4 weeks ago; 6-8 weeks after Open heart surgery; 6-8 weeks after angioplasty; immediately after percutaneous coronary intervention; coronary artery disease that was diagnosed by angiography; subjects were referred to this center by cardiologist or Cardiac surgeon; subjects who participated in the rehabilitation program and completed nutritional information. Exclusion criteria: Subjects with unstable angina; acute phase of myocardial infarction; unstable arrhythmia

Age

From **20 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size:

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Isfahan Regional Bioethics Committee

Street address

Hezarjerib street, Isfahan University of Medical Sciences, Isfahan

City

Isfahan

Postal code

81745319

Approval date

2015-05-24, 1394/03/03

Ethics committee reference number

IR.MUI.REC.1394.3.141

Health conditions studied

1

Description of health condition studied

Coronary heart disease

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic heart disease

Primary outcomes

1

Description

Dietary diversity score

Timepoint

Two times, before and after dietary consultation

Method of measurement

Analysis of three days dietary record will be conducted and score of 0-10 will be allocated to dietary diversity factors

2

Description

Healthy eating index score

Timepoint

Two times, before and after dietary consultation

Method of measurement

Analysis of three days dietary record will be conducted and the quartiles of healthy eating index scores will be compared

3

Description

Dietary energy density score

Timepoint

Two times, before and after dietary consultation

Method of measurement

Analysis of three days dietary record will be conducted and the quartiles of dietary energy density scores will be compared

4

Description

Dietary approach to stop hypertension score

Timepoint

Two times, before and after dietary consultation

Method of measurement

Analysis of three days dietary record will be conducted and the quartiles of DASH scores will be compared

Secondary outcomes

empty

Intervention groups

1

Description

dietary consultation

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Cardiovascular Research Center

Full name of responsible person

Noushin Mohammadifard

Street address

Jomhori eslami st, khoram st, Isfahan Cardiovascular
Research institute, 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

Mehdi Nematbakhsh

Street address

Hezar Jarib Avenue, Isfahan University of Medical
Sciences, School of Nutrition and Food Science,
Isfahan

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

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

2

Sponsor

Name of organization / entity

Food Security Research Center

Full name of responsible person

Dr Leila Azadbakht

Street address

Hezar Jarib Avenue, Isfahan University of Medical
Sciences, Isfahan

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Food Security Research Center

Proportion provided by this source

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 University Of Medical Sciences, School of
Nutrition and Food Science

Full name of responsible person

Sepideh Mehrabani

Position

MSc student of health Sciences in Nutrition

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