

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jul 2026

The effect of cardiac rehabilitation on sexual function and coping with stress in CABG patients

Protocol summary

Summary

Objective: The aim of this study was to investigate the effect of cardiac rehabilitation on sexual function and coping with stress in CABG patients. Methods: This is a clinical trial study. Inclusion criteria: Male patients undergoing open heart surgery (coronary artery bypass graft). Age of 18 to 75 - Married - Exclusion criteria: 1) Immigration or absence of any reason 2) Patients with muscle weakness and skeletal problems. Twenty-six patients were randomly assigned(Random number table) and double blind(Patient and researcher assistance) into two intervention and control groups. Then, the general information questionnaire, the International Sexual Function Index (IIEF-5), Andler & Parker Stress Coping Strategies, by Patients And the researcher will be completed before and after the intervention in the control and intervention group. Subsequently, the patients in the control group are placed under the current cardiac rehabilitation program, which includes nutrition counseling and aerobic exercise exercises using treadmills and fixed bikes three times a week for 30 minutes. But in the intervention group, in addition to the above, the Kegel Exercise [Includes long and short cycle exercises. Each type of exercise is performed daily, with an equivalent time of 10 minutes and three times a day] performed by the researcher In fact, in this study, the rehabilitation program is being implemented as moderated. As mentioned, the main outcome variables that will be studied in this study are sexual performance and coping with stress in CABG patients, using the International Sexual Function Index (IIEF-5) and Andler & Parker Stress Coping Strategies Questionnaire will be.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017082324080N12**

Registration date: **2017-09-05, 1396/06/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-05, 1396/06/14

Registrant information

Name

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Name of organization / entity

Lorestan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Campus Kamalvand, Vice Chancellor for Research,
Lorestan University of Medical Sciences

Expected recruitment start date

2016-06-19, 1395/03/30

Expected recruitment end date

2017-05-05, 1396/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cardiac rehabilitation on sexual function
and coping with stress in CABG patients

Public title

The effect of cardiac rehabilitation on sexual function and coping with stress in CABG patients

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Male patients undergoing open heart surgery (coronary artery bypass graft). Age of 18 to 75 - Married - No history of psychiatric illness and diabetes - Introduced by a surgeon to perform rehabilitation - Resident of Kermanshah - No history of sexual dysfunction before surgery - No history of using drugs affecting sexual activity - No history Peripheral vascular disease
Exclusion criteria: 1) Immigration or absence of any reason 2) Unwillingness to continue to participate in research 3) Patients with less than 30 percent EF 4) Patients with muscle weakness and skeletal problems

Age

From **18 years** old to **75 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **126**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double 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 Lorestan University of Medical Sciences

Street address

Nursing and Midwifery Department, Campus Kamalvand, Lorestan University of Medical Sciences

City

Khorramabad

Postal code

6814993165

Approval date

2016-06-17, 1395/03/28

Ethics committee reference number

Lums.REC.1395.120

Health conditions studied

1

Description of health condition studied

Sexual function and coping with stress in CABG patients

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Sexual function and coping with stress

Timepoint

Before and after intervention

Method of measurement

International Sexual Function Index (SEIF) and Andler & Parker Stress Coping Strategies Questionnaire

Secondary outcomes

1

Description

Sexual function and coping with stress

Timepoint

Before and after intervention

Method of measurement

International Sexual Function Index (IIEF-5)
Questionnaire and Andler & Parker Stress Coping Strategies

Intervention groups

1

Description

In intervention group, in the first or second session of rehabilitation (before intervention), personal information questionnaires, the Andler & Parker Stress Coping Strategies Questionnaire and the International Index of Erectile Function (IIEF-5) were completed. At the beginning of the cardiac rehabilitation program, the health status and patient visit was performed by a specialist in exercise medicine and diet, then a common cardiac rehabilitation program was performed in 26 sessions (pairs, three times a week). During the physical activity phase, the patients slowly run and exercise in the warm-up phase for 10 minutes, then 20-30 minutes of dynamic exercise using treadmill and fixed bicycle, and the exercise session with 10 minutes of cooling (slow walk in the gym) It ends. In the nutrition dimension, nutrition education, nutrition, oils, and its relation to cardiovascular disease, food pyramid and ways to use it, control and ways to reach the weight of the idea are provided by the nutritionist. In addition to common cardiac rehabilitation, after aerobic exercise to help resolve the sexual dysfunction of patients, they also carry pelvic muscle building exercises (Kegel Exercise).

Training on how to perform the Kegel exercise by researcher and researcher help is Individual and small groups are trained in a quiet place in the rehabilitation hall verbally, face-to-face, and in the language of the patient's speech. (In this exercise, the patient first recognizes the ptobuccosis muscle, To find this muscle, it is necessary to stop urine flow while urinating. This requires that the muscle contraction in the pelvic floor and Patient can sense the pelvic floor by touching the muscle and contract it, then perform the Kegel exercise as follows: Long cycle exercise 1) Shrinks the pubococcygeus muscle and maintains this contraction for 10 seconds. 2) Muscle Exit from shrinkage and relax for 10 seconds. 3) Repeat this cycle 15 times, and after that it relaxes 1 minute of muscle and performs short cycle exercises. Short Cycle Exercise 1: The muscle shrinks the pc for one second and relaxes for one second. 2) These one-minute cycles repeat the contraction and expansion 10 times. In doing the exercises, you normally breathe and avoid abdominal muscle contraction. Considering the proper relaxation of the pelvic floor muscles, along with their proper shrinkage, attention is drawn to regular shrinkage cycles. Both types of exercise are performed daily, with an equivalent time of 10 minutes and three times a day). And in psychology, psychological and social factors of stress and ways to cope with stress) in the problem-oriented coping style, one focuses on the problem and tries to solve it. First defines the problem and seeks various solutions. Emotional response focuses on emotional control and emotional responses. Dealing with physical measures such as exercising or taking medication, getting rid of your anger over others, crying, getting angry, and shouting is a way of coping with this method. In an avoidant coping style, one tries to cognitive change and distance from reality, avoiding the problem, escapes and avoids it and receives emotional support.) The ways of achieving peace are among the classes taught by The researcher is trained. In fact, a modified rehabilitation program was implemented in this study. In the final intervention (after intervention), personal information questionnaires, the Andler & Parker Stress Coping Strategies Questionnaire and the International Index of Erectile Function (IIEF-5) were completed again.

Category

Rehabilitation

2

Description

In the control group at the beginning of the rehabilitation program, personal information questionnaires, the Andler & Parker Stress Coping Strategies Questionnaire and the International Index of Erectile Function (IIEF-5) were completed . then a common cardiac rehabilitation program was performed in 26 sessions (pairs, three times a week). During the physical activity phase, the patients slowly runse and exercise in the warm-up phase for 10 minutes, then 20-30 minutes of dynamic exercise using treadmill and fixed bicycle, and the exercise session with 10 minutes of cooling (slow walk in the gym) It ends. In the nutrition dimension, nutrition education, nutrition, oils, and its relation to cardiovascular disease,

food pyramid and ways to use it, control and ways to reach the weight of the idea are provided by the nutritionist. In the final session of Rehabilitation, personal information questionnaires, the Andler & Parker Stress Coping Strategies Questionnaire and the International Index of Erectile Function (IIEF-5) were completed again.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Ali Hospital

Full name of responsible person

peyman kaikhorou doulatyari

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Lorestan University of Medical Sciences

Full name of responsible person

Peyman Kaikhosro Doulatyari

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Vice Chancellor for Research and Technology, Campus Kamalvand, Lorestan University of Medical Sciences

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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 of Lorestan 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

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Full name of responsible person

peyman kaikhosro doulatyari

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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