

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The Effect of Sexual Rehabilitation Program on Anxiety, Stress, Depression and Sexual Function in Men With Coronary Artery Disease

Protocol summary

Summary

This Research Aims to Investigate the Effect of the Sexual Rehabilitation Program on Anxiety, Stress Depression and Sexual Operation of Men Suffering from Coronary Artery Disorder The Research Method: The Present Research is a Clinical Trials Study. And its Society Includes Men Suffering from Coronary Artery Disorder Who are Impatient in Police Hospital of Kerman, CCU Unit, Since March 2016 until April 2017. The Sample Volume has been Estimated 40 Men, Considering The Possibility of Effusion of Some Samples Using the Formula of 36 Men in Each Group. The Research Sample Includes 80 Men Suffering From Coronary Artery Disorder Grouped Randomly in Two Groups of Control an intervention in Terms of Weak Even and Odd Days. The Observation Group Patients Receive Only the Routine Cares, and The Patients of Test Group Receive Face to Face Instruction, Educational Pamphlets and Sound CDs About Sexual Rehabilitation When Discharged from Hospital. Criteria for Being Included in The Study: Married Patients, Age of 18-65, not Suffering from Psychological Disorders, and Diseases Affecting Function such as Urinary System, Nervous System and Skeletal Diseases, Men having Literacy Skill, Filling the Form of Agreement for Participating in The Study Criteria for Excluding from The Study: Leaving the Study Process and Disinclination to Cooperation, and Occurring any Unpleasant Events During The Research

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016111224919N6**

Registration date: **2017-07-12, 1396/04/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-07-12, 1396/04/21

Registrant information

Name

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Name of organization / entity

Kerman Medical University of Sciences

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Kerman University of Medical Sciences

Expected recruitment start date

2017-04-19, 1396/01/30

Expected recruitment end date

2017-06-20, 1396/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Sexual Rehabilitation Program on Anxiety, Stress, Depression and Sexual Function in Men With Coronary Artery Disease

Public title

The Effect of Sexual Rehabilitation program on Anxiety, Stress, Depression and Sexual Function in Heart Patients

Purpose

Supportive

Inclusion/Exclusion criteria
Inclusion criteria: Married Patients; Age of 18-65; not Suffering from Psychological Disorders, and Diseases Affecting Function such as Urinary System; Nervous System and Skeletal Diseases; Men having Literacy Skill; Filling the Form of Agreement for Participating in The Study
Exclusion criteria: Leaving the Study Process and Disinclination to Cooperation; Occuring any Unpleasant Events During The Research

Age
From **18 years** old to **65 years** old

Gender
Male

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **80**

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 Committe of Kerman University of Medical Sciences

Street address
Pardis oloompezechki .Haft baghe alavi

City
kerman.

Postal code

Approval date
2016-08-20, 1395/05/30

Ethics committee reference number
ir.kmu.rec.1395.235

Health conditions studied

1

Description of health condition studied
Coronary Artery Disease

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic heart disease

Primary outcomes

1

Description
Stress

Timepoint
Before The Intervention, One Month After The intervention

Method of measurement
Questionnaire Dass21

2

Description
Anxiety

Timepoint
Before The Intervention, One Month After The Intervention

Method of measurement
dass 21

3

Description
Depression

Timepoint
Before The Intervention, One Month After The Intervention.

Method of measurement
dass 21

4

Description
Sexual Function

Timepoint
Before The Intervention, One Month AfterThe Intervention

Method of measurement
International Erectile Function Questionnaire.

Secondary outcomes

empty

Intervention groups

1

Description
The Observation Group Patients Receive Only the Routine Cares.

Category
Rehabilitation

2

Description

The Patients of Test Group Receive Face to Face Instruction, Educational Pamphlets and 20 minutes Sound CD s Includes Pelvic Extensore Muscle Exercise Training When Discharged from Hospital.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Hospital Sydalshhda

Full name of responsible person

Fatemeh Rafati

Street address

Astqlal Street- 10 Astqlal

City

Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Abbas Pardakhti Ph.D

Street address

Center of Clinical Research

City

Kerman

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman 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

Kerman University of Medical Sciences: Pardis oloompezheshki, Haft bagHe

Full name of responsible person

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Position

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Person responsible for scientific inquiries

Contact

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Batool Tirgari Ph.D

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Person responsible for updating data

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Full name of responsible person

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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