

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### The effect of interactive text message follow up on health promoting lifestyle of patients with acute coronary syndrome after discharge from the Cardiology ward

#### Protocol summary

##### Summary

The present clinical trial aimed to determine the effectiveness of interactive text message follow up on health promoting lifestyle of patients with Acute coronary syndrom, there for we placed 86 patients with acute coronary syndrom who have inclusion criteria, randomly and single blind, in control and experimental group. Inclusion criteria is include: Diagnosis of Acute coronary syndrom by the cardiologist; Age between 35-70 years; Having the ability to read and write; Stable physical condition; Not having a mental disorder or mental and mobility disability; Having access to a phone and a mobile; Having normal bloods test ((Blood Urea Nitrogen, Creatinine, Potassium). Exclusion criteria include the patients who do not like to continue to participate in the study; Changing in phone and mobile number and do not informing Researcher. During 3 months intervention, each week 6 messages are send to the experimental subjects and the text messages are about health promoting lifestyle and patients ask their questions by text messages, there for communication is interactive, but in the control group, each week 1 messages are send that is not associated with health promoting lifestyle and is not interactive, then Collection of patient's data is performed before, immediately after and one month after the intervention with a demographic and data characteristics questionnaire and walker's health promoting lifestyle profile II and we determine the effectiveness of interactive text message follow up on health promoting lifestyle of patients with Acute coronary syndrom.

#### General information

##### Acronym

-

##### IRCT registration information

IRCT registration number: **IRCT2015111625077N1**

Registration date: **2016-01-30, 1394/11/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-01-30, 1394/11/10

##### Registrant information

###### Name

Akram Moradi

###### Name of organization / entity

Isfahan University Of Medical Science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 3750 0181

###### Email address

akrammoradi@nm.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vince Chancellor for Research, Isfahan University Of Medical Sciences

##### Expected recruitment start date

2015-09-19, 1394/06/28

##### Expected recruitment end date

2015-10-22, 1394/07/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of interactive text message follow up on health promoting lifestyle of patients with acute coronary syndrome after discharge from the Cardiology ward

#### Public title

Examine the effectiveness of text message follow up on lifestyle of patients with Acute coronary syndrom

#### Purpose

Supportive

#### Inclusion/Exclusion criteria

Inclusion criteri: Diagnosis of Acute coronary syndrom by the cardiologist; Age between 35-70 years; Familliar with the persian language; Having the ability to read and write; Stable physical condition; Not having a mental disorder or mental and mobility disability; Lack of a vision, Speach and hearing problem; Having access to a phone and a mobile; Having normal bloods test (Blood Urea Nitrogen, Creatinine, Potassium); Selection of patient whom the use of mobile is not harmful. Exclusion criteria include the patients who do not like to continue to participate in the study; Changing in phone and mobile number and do not informing Researcher.

#### Age

From **35 years** old to **70 years** old

#### Gender

Both

#### Phase

2

#### Groups that have been masked

*No information*

#### Sample size

Target sample size: **86**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

#### Blinding (investigator's opinion)

Single blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

#### Other design features

we use 43 pockets with number one and 43 pockets with number two. patients select one of pockets randomly. patients who select pockets with number one place in Exprimental group and patients who select pockets with number two place in control group.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Isfahan University Of Medical Sciences

##### Street address

Hezar Jerib Avenue, Isfahan, Iran

#### City

Isfahan

#### Postal code

8147673461

#### Approval date

2015-09-13, 1394/06/22

#### Ethics committee reference number

IR.mui.rec.394473

## Health conditions studied

### 1

#### Description of health condition studied

Acute coronary syndrom

#### ICD-10 code

124.9

#### ICD-10 code description

Acute ischaemic heart disease, unspecified

## Primary outcomes

### 1

#### Description

Health promoting lifestyle

#### Timepoint

Baseline, 3months and 4 months after baseline

#### Method of measurement

Walker's health promoting lifestyle questionnaire

## Secondary outcomes

### 1

#### Description

-

#### Timepoint

-

#### Method of measurement

-

## Intervention groups

### 1

#### Description

During 3 months intervention, each week 6 messages are send to the experimental subjects and the context of text messages is aboute health promoting lifestyle and patients ask their questions by text messages.

#### Category

Lifestyle

### 2

#### Description

During 3 months intervention, each week 1 messages are send to the control subjects and the context of text messages is not aboute health promoting lifestyle and

intractive.

**Category**

Lifestyle

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Chamran Hospital

**Full name of responsible person**

Akram Moradi

**Street address**

Salman Farsi avenue, Isfahan, Iran

**City**

Isfahan

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Vince Chancellor for Research, Isfahan University Of Medical Sciences

**Full name of responsible person**

Dr Mahdi Nematbakhsh PhD in physiology

**Street address**

Hezar jrib Avenue, Isfahan University Of Medical Sciences

**City**

Isfahan

**Grant name**

-

**Grant code / Reference number**

-

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

Yes

**Title of funding source**

Vince Chancellor for Research, Isfahan 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**

Isfahan University Of Medical Science, Faculty Of Nursing and Midwifery

**Full name of responsible person**

Mahin Moeini

**Position**

Msc of nursing, Department of adult health, Member of nursing and midwifery care research center, Me

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**Full name of responsible person**

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**Position**

Bachelor of nursing(Msc student of nursing)

**Other areas of specialty/work**

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Bachelor of nursing(Msc student of nursing)

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**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*