

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Comparative study of the impact of nurse education and peer training on the level of anxiety and heart self-efficacy in patients with myocardial infarction

#### Protocol summary

##### Summary

This study aims to investigate a comparative study of the impact of nurse education and peer training on the level of anxiety and heart self-efficacy in patients with myocardial infarction. The research community consisted of all stroke patients who refer to Amirmomenin Hospital of Zabol city. They are 60 person (in two groups of nurse education and peer training). In the present study, the initial available sampling method (easy) and allocation of subjects into two groups of interaction and control by random sampling will be conducted. In the peer education group at first three people who were selected as peer will be under three, two-hour training sessions which were about the basics of the research aims, concepts, importance and benefits of peer training, communication skills, anxiety reduction strategies, heart self-efficacy, the amount of physical activity, control of shortness of breath, diet, etc. After preparing peers, they also will train patients with myocardial infarction in the presence and supervision of the researcher three days after the stroke. In the nurse education group the patients are trained by nurse in a quiet environment based on the same peer training guide. Then the patients anxiety will be measured using Spielberger anxiety questionnaire and the heart self-efficacy using heart self-efficacy questionnaire, three days (before intervention), five days and four weeks (after the intervention) after the stroke in both groups. To synchronize the two groups before the intervention, the matching method will be used.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016050225237N2**  
Registration date: **2016-05-23, 1395/03/03**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-05-23, 1395/03/03

##### Registrant information

###### Name

Reza Mohammadpour Hodki

###### Name of organization / entity

Zabol University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 919 054 3600

###### Email address

rezamdpour@zsbmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Zabol University of Medical Sciences

##### Expected recruitment start date

2016-04-20, 1395/02/01

##### Expected recruitment end date

2016-09-22, 1395/07/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparative study of the impact of nurse education and peer training on the level of anxiety and heart self-efficacy in patients with myocardial infarction

**Public title**

The impact of nurse education and peer training on the level of anxiety and heart self-efficacy in patients with myocardial infarction

**Purpose**

Supportive

**Inclusion/Exclusion criteria**

Inclusion criteria: first myocardial infarction diagnosed based on the World Health Organization diagnostic program; lack of psychological disorders; Physical disability and medical education or related education (according to the records) ; no history of hospitalization in CCU in the past because of heart attack; hemodynamic stability; aged between 60-30 years; no known cases of anxiety and depression; having the ability to read and write, having the ability to speak in Persian, willingness to participate in research and the possibility to make phone calls with the patient. Exclusion criteria: the patient death during the study; loss of self-care ability in patient; patient withdrawal from further participation in the study.

**Age**

From **30 years** old to **60 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **60**

**Randomization (investigator's opinion)**

Randomized

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

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Parallel

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

empty

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

Zabol University of Medical Sciences

**Street address**

Zabol University of Medical Sciences, Zabol City

**City**

Zabol

**Postal code****Approval date**

2016-03-09, 1394/12/19

**Ethics committee reference number**

zbmu.1.REC.1394.136

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

Myocardial infarction

**ICD-10 code**

IX

**ICD-10 code description**

Diseases of the circulatory system

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

Anxiety

**Timepoint**

Before intervention, Five days and four weeks after intervention

**Method of measurement**

Spielberger anxiety questionnaire

**2****Description**

Cardiac Self-efficacy

**Timepoint**

Before intervention, Five days and four weeks after intervention

**Method of measurement**

Cardiac self-efficacy questionnaire

**Secondary outcomes****1****Description**

history of myocardial infarction

**Timepoint**

Before the intervention

**Method of measurement**

Medical record

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

In the peer education group at first three people who were selected as peer will be under three, two-hour training sessions which were about the basics of the research aims, concepts, importance and benefits of peer training, communication skills, anxiety reduction strategies, heart self-efficacy, the amount of physical activity, control of shortness of breath, diet, etc. At the end the peers will share their experience together in these fields and will practice the role of education with three patients discharging. After preparing peers, they

also will train patients in the presence and supervision of the researcher three days after the stroke and During 2 one-hour sessions with an interval of one hour.

**Category**

Treatment - Other

**2****Description**

In the nurse education group the patients are trained by nurse in a quite environment based on the same peer training guide during the two sessions of thirty to forty-five minutes with an interval of one hour.

**Category**

Treatment - Other

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

Amiralmomenin Hospital of Zabol

**Full name of responsible person**

Reza Mohammadpour Hodki

**Street address**

Ccu Amiralmomenin Hospital of Zabol

**City**

zabol

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Zabol University of Medical Sciences

**Full name of responsible person**

Reza Mohammadpour Hodki

**Street address**

Zabol University of Medical Sciences

**City**

Zabol

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

Yes

**Title of funding source**

Zabol 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**

Zabol University of Medical Sciences

**Full name of responsible person**

Reza Mohammadpour Hodki

**Position**

Nursing Graduate Student

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

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rezamdpoor@gmail; comrezamdpoor@yahoo.com

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Zabol University of Medical Sciences

**Full name of responsible person**

Mohammadpour Hodki

**Position**

Surgical Nursing Student

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

Zabol University of Medical Sciences

**City**

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**Postal code****Phone**

+98 919 054 3600

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rezamdpoor@gmail; comrezamdpoor@yahoo.com

**Web page address****Person responsible for updating data****Contact****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*