

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

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Full name of responsible person

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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