

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

The effects of hope therapy on increase quality of life and decrease of anxiety and depression in older patients hospitalized with angina

Protocol summary

Summary

This study is a clinical trial study. The purpose of this study is to determine the effect of hope therapy on quality of life and reduce anxiety and depression in older patients hospitalized with angina in shahid rajai hospital of tonekabon, Iran. The data collection tool: Seattle Angina Questionnaire questionnaire, and the HADS questionnaire, collected demographic In this randomized clinical trial, patients were randomly allocated to two groups guided imagery and control (16 patients in each group). Hope therapy sessions will be conducted on the experimental group in eight sessions and each session last 90 minutes. Interference will not occur in the control group. Before the intervention, a week after intervention, one month after intervention, quality of life and anxiety and depression are measured and recorded.

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Recruitment status

Recruitment complete

Funding source

Shahed University

Expected recruitment start date

2016-02-20, 1394/12/01

Expected recruitment end date

2016-06-21, 1395/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020126301N1**

Registration date: **2016-05-12, 1395/02/23**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-05-12, 1395/02/23

Registrant information

Name

Masoomeh Mozooni

Name of organization / entity

Shahed University

Country

Iran (Islamic Republic of)

Phone

Scientific title

The effects of hope therapy on increase quality of life and decrease of anxiety and depression in older patients hospitalized with angina

Public title

The effects of hope therapy on increase quality of life and decrease of anxiety and depression in older patients hospitalized with angina

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria included: 1. Patients with angina admitted to the CCU shahid rajai Hospital of tonekabon, Iran; 2. Age over 60 years old; 3. Ability to speak Persian; 4. Willingness to participate in research Exclusion criteria: 1. Psychological condition known as cognitive disorders; 2. The use of drugs affecting mental; 3. Took part in the psychotherapy sessions during intervention. 4. heart surgery Background

Age

From **60 years** old to **99 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 32

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 committees1**Ethics committee****Name of ethics committee**

Ethics committee of Shahed University

Street address

Shahed University, Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway, Tehran.

City

Tehran

Postal code**Approval date**

2016-01-19, 1394/10/29

Ethics committee reference number

IR.Shahed.REC.1394.72

Health conditions studied1**Description of health condition studied**

Unstable angina

ICD-10 code

I20.0

ICD-10 code description

Unstable angina

Primary outcomes1**Description**

Quality of life

Timepoint

Before the intervention, a week after the intervention,

one month after the intervention.

Method of measurement

Seattle Angina Questionnaire questionnaire for Quality of life

Secondary outcomes1**Description**

Anxiety and depression

Timepoint

Before the intervention, a week after the intervention, one month after the intervention.

Method of measurement

HADS questionnaires to measure anxiety and depression

Intervention groups1**Description**

Experimental group; 8 session of Hope Therapy as follow: medical sessions execute in 8 sessions for each session - the session execute as individual classes medical program designed based on Schnider(1999). Each session divided in 3 portion- in the first portion about last activities and individual encouraged to resolve the problems - in the second portion they learn about education and skills related to expectance about that these skills are in compass of goals- causeway and agent -in the third portion that discussed about apply these skills in daily life-patient encouraging to bring up the problems visual and alight - and to resolve them with expected skills.

Category

Other

2**Description**

In the control group there will be no other intervention.

Category

N/A

Recruitment centers1**Recruitment center****Name of recruitment center**

Shahid Rajai hospital of Tonkabon

Full name of responsible person

Masoomah Mozoni

Street address**City**

Tonkhabon

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahed University Vice chancellor for research

Full name of responsible person

Dr. Zahra Kiasalari

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Shahed University, Opposite to Holy Shrine of Imam Khomeini, Tehran-Qom Freeway, Tehran.

City

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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

Shahed University Vice chancellor for research

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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Associate Professor

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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