

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

The effect of positive thinking on stress, anxiety and depression in coronary patients

Protocol summary

Summary

This study aimed to investigate the effects of positive thinking training group therapy on stress, anxiety and depression in coronary heart disease will be TAKAB city. Inclusion criteria included age 65-20 years of education at third-Final diagnosis of coronary heart disease by a physician cardiologist and written informed consent of subjects is-business. Exclusion criteria consists of participation in educational programs at the same time other treatment, medication and tranquilizers, anti-anxiety, anti-depression and drug abuse, mental disorders are the chronic diseases history. Of coronary heart disease, 60 patients who met inclusion criteria for the study are randomized for selection. Then, using the table of random numbers into two groups: control (n = 30) and intervention (30) will be allocated, and control groups and Intervention Skills Training optimism in 8 5/1 hour sessions over 8 weeks for groups will perform. After two weeks for post-test questionnaires to be completed by the study group. Completing the questionnaire for control groups will take place at the same time.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022026347N2**

Registration date: **2016-07-13, 1395/04/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-07-13, 1395/04/23

Registrant information

Name

Soheyla Ahangarzade Rezaei

Name of organization / entity

Urmia University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 44 3223 4897

Email address

rezaei.s@umsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Urmia University of Medical Sciences

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2016-01-21, 1394/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of positive thinking on stress, anxiety and depression in coronary patients

Public title

The effect of positive thinking on stress, anxiety and depression

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria interested in participating in research studies at least grade; Minimum education guidance; Age 65-20 years; The definitive diagnosis of coronary heart disease by cardiologists and vascular; business written informed consent from subjects Exclusion criteria Attend classes simultaneously ; drug treatment of other sedatives, anti-anxiety, anti-depression drug and ; having

chronic diseases (progressive Neurologic Diseases such as Parkinson's, Alzheimer's, multiple sclerosis, cancer and diabetes) ; psychological disorders ; being under open-heart surgery;an unwillingness to cooperate in the investigation in any time of the study

Age

From **20 years** old to **65 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

University of Medical Sciences

Street address

Arumyhad Nazloo

City

orumi

Postal code

Approval date

2015-12-22, 1394/10/01

Ethics committee reference number

IR.UMSU.REC.1394.308

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

2

Description of health condition studied

anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

3

Description of health condition studied

Coronary (artery):disease

ICD-10 code

I20-I25

ICD-10 code description

Ischaemic heart diseases

4

Description of health condition studied

stress

ICD-10 code

F43.0

ICD-10 code description

Acute stress reaction

Primary outcomes

1

Description

Depression

Timepoint

Before the intervention, two weeks after the intervention

Method of measurement

Standard questionnaire

2

Description

Stress

Timepoint

Before the intervention, two weeks after the intervention

Method of measurement

Standard questionnaire

3

Description

Anxiety

Timepoint

Before the intervention, two weeks after the intervention

Method of measurement

Standard questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention: Positive thinking training In 8 sessions for 90 minute over 8 weeks

Category

Lifestyle

2

Description

control: No action

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic heart of the city Takab

Full name of responsible person

Niloofar Oladrostam

Street address

City

Takab

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

"Department of Technology and Scientific Research Urmia University of Medical Science"

Full name of responsible person

Iraj Mohebbi

Street address

Urmia, Mission Blvd, end of Urmia university staff dormitory, building Emergency, Department of Research and Technology

City

Urmia

Grant name

Grant code / Reference number

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

Yes

Title of funding source

"Department of Technology and Scientific Research Urmia University of Medical Science"

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

niversity of Medical Sciences

Full name of responsible person

Niloofar Oladrostam

Position

MA

Other areas of specialty/work

Street address

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+98 44 4552 2875

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baran_sahra65@yahoo.com

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Orumieh University of Medical Sciences

Full name of responsible person

Soheila Ahangarzade Rezaie

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Web page address

Person responsible for updating data

Contact

Name of organization / entity

Full name of responsible person

Niloofar Oladrostam

Position

Health Network TAKAB

Other areas of specialty/work

Street address

MA

City

Takab

Postal code

Phone

+98 44 4552 2875

Fax

Email

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