Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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

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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
Arumyh.jadh Nazloo

City
orumie

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
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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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Person responsible for updating data

Contact
Name of organization / entity
Full name of responsible person
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Health Network TAKAB
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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