

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 2026

Effect of phase I cardiac rehabilitation program on the rate of anxiety, depression and stress in elder coronary patient

Protocol summary

Summary

1): The aim of this study was to determine the impact of first phase cardiac rehabilitation program on anxiety, depression and stress in elder coronary patients. 2): This is a semi-experimental clinical trial on 70 elder coronary patients admitted to the CCU wards Afshar Hospital and patients will be divided randomly into experimental (n=35) and control (n=35) groups. Data collection were demographic questionnaire and DASS-21 Score. 3): The experimental group will be participated in four educational sessions of cardiac rehabilitation program, which included familiarity with risk factors of heart disease, nutrition and drugs recommendations, stress, anxiety and depression reduction methods and exercises training and The control group will be received only ward routine program. 4)Inclusion criteria: aged ≥ 60 years, coronary artery disease is confirmed by cardiologist. Exclusion criteria: presence of mental and psychologic diseases, Physical limitation or orthopedic including rheumatologic diseases, A history of confusion and forgetfulness, dementia, medications for mental disorders. 5) The primary outcome of the study : rate of depression, anxiety and stress before and after cardiac rehabilitation

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022726794N1**

Registration date: **2017-01-12, 1395/10/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-01-12, 1395/10/23

Registrant information

Name

Javad Teimouri

Name of organization / entity

Shahid Sadoughi University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 35 3620 0916

Email address

javad-teimouri@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Research deputy of Shahid Sadoughi University of Medical Sciences

Expected recruitment start date

2016-06-21, 1395/04/01

Expected recruitment end date

2016-08-22, 1395/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of phase I cardiac rehabilitation program on the rate of anxiety, depression and stress in elder coronary patient

Public title

The effect of cardiac rehabilitation on anxiety, depression and stress in elders with Coronary Artery Disease

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: aged ≥ 60 years, ability to understand and speak Persian, coronary artery disease is confirmed by cardiologist. Exclusion criteria: presence of mental and psychologic diseases, Physical limitation or orthopedic including rheumatologic diseases, A history of confusion and forgetfulness, dementia, medications for mental disorders.

Age

From **60 years** old to **100 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Not 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

Ethics committee of Yazd University of Medical Sciences and Health Services

Street address

Ethics committee of Yazd University of Medical Sciences and Health Services, Bahonar square, Yazd

City

Yazd

Postal code

8916978477

Approval date

2016-06-22, 1395/04/02

Ethics committee reference number

IR.SSU.REC.1395.58

Health conditions studied

1

Description of health condition studied

Depression, Anxiety, Stress

ICD-10 code

F32.0, F32.

ICD-10 code description

Mild depressive episode, Moderate depressive episode, Other depressive episodes, Specific (isolated) phobias, Other phobic anxiety disorders, Panic disorder [episodic paroxysmal anxiety], Mixed anxiety and depressive disorder, Acute stress reaction, Post-traumatic stress disorder

Primary outcomes

1

Description

Depression

Timepoint

pre intervention- 2month post intervention

Method of measurement

DASS-21 Questionnaire

2

Description

Anxiety

Timepoint

pre intervention- 2month post intervention

Method of measurement

DASS-21 Questionnaire

3

Description

Stress

Timepoint

pre intervention- 2month post intervention

Method of measurement

DASS-21 Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention 1: the experimental group in addition to receiving usual care, will participate in phase 1 cardiac rehabilitation program. Phase 1 cardiac rehabilitation program included self care and self management education, nutrition recommendations, stress reduction methods and exercises that instructed by researcher in 4 parts of 20 minutes

Category

Rehabilitation

2

Description

Intervention 2 : There will be no intervention for control group . Current treatment

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Afshar Hospital

Full name of responsible person

Teimouri Javad

Street address

Yazd School of Nursing & Midwifery, Bu Ali St., Timsar
Falahi Ave., Safaeyeh, Yazd, Iran

City

Yazd

Yazd School of Nursing & Midwifery, Bu Ali St., Timsar
Falahi Ave., Safaeyeh, Yazd, Iran

City

Yazd

Postal code

8919848968

Phone

+98 35 3824 1751

Fax**Email**

javad-teimouri@ssu.ac.ir
javadteimouri1369@yahoo.com

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Sadoughi University of Medical Sciences and
Health Services

Full name of responsible person

Deputy of research and technology

Street address

Bahonar square, Shahid Sadoughi University of
Medical Sciences and Health Services, Yazd

City

Yazd

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

Yes

Title of funding source

Shahid Sadoughi University of Medical Sciences and
Health Services

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**

Shahid Sadoughi University of Medical Sciences Yazd,
School of Nursing & Midwifery

Full name of responsible person

Teimouri Javad

Position

Elderly Nursing Master Science Student

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

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Yazd Shahid Sadoughi University of Medical Sciences ,
School of Nursing & Midwifery

Full name of responsible person

Kalani Zohre

Position

Master of Science in Medical Surgical Nursing

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

Yazd School of Nursing & Midwifery, Bu Ali St., Timsar
Falahi Ave., Safaeyeh, Yazd, Iran

City

Yazd

Postal code

8919848968

Phone

+98 35 3824 1751

Fax**Email**

kalani_z@yahoo.com

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Yazd Shahid Sadoughi University of Medical Sciences ,
School of Nursing & Midwifery

Full name of responsible person

Teimouri Javad

Position

Elderly Nursing Master Science Student

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

Yazd School of Nursing & Midwifery, Bu Ali St., Timsar
Falahi Ave., Safaeyeh, Yazd, Iran

City

Yazd

Postal code

8919848968

Phone

+98 35 3824 1751

Fax**Email**

javad-
teimouri@ssu.ac.irjavadteimouri1369@yahoo.com

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