

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

Depression and Anxiety in Coronary Heart Diseases Patients

Protocol summary

Summary

The effect of cardiac rehabilitation on depression and anxiety in patients after stent implantation. Study design: 100 patients ;Study population: patients after stenting before and after the rehabilitation program. Main Inclusion criteria: Diagnosis is confirmed by medical experts and the results of diagnostic test; Have the ability to understand conversations in Persian; Have at least read and writer; the ability to complete questionnaires and interviews patients age range between 30 and 70 years. Exclusion criteria: A history of depression, a history of anxiety, heart failure, need for surgery under cardio pulmonary bypass, CABG, no consent for or continue the study, intervention of study: cardiac rehabilitation will be done in partnership with families. The primary outcome or consequences of the study: Hamilton depression and anxiety questionnaire before and after cardiac rehabilitation after stenting

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2015-08-23, 1394/06/01

Expected recruitment end date

2017-03-19, 1395/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016030226868N1**

Registration date: **2016-10-28, 1395/08/07**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-10-28, 1395/08/07

Registrant information

Name

Zhila Khamnian

Name of organization / entity

Community Medicine Department, Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Scientific title

Depression and Anxiety in Coronary Heart Diseases Patients

Public title

The effect of cardiac rehabilitation on depression and anxiety in patients after stent implantation

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Diagnosis is confirmed by medical experts and the results of diagnostic test; Have the ability to understand conversations in Persian; Have at least read and writer; the ability to complete questionnaires and interviews patients age range between 30 and 70 years. Exclusion criteria: no visit to the rehabilitation center for any reason, A history of depression, a history of anxiety, heart failure, need for surgery under cardio pulmonary bypass, CABG, no consent for or continue the study

Age

From **29 years** old to **69 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
N/A

Randomization description
Blinding (investigator's opinion)
Not blinded

Blinding description
Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tabriz University of Medical Science

Street address

Tabriz University of Medical Science, Golgasht Avenue, Tabriz, East Azarbaijan

City

Tabriz

Postal code

Approval date

2016-01-04, 1394/10/14

Ethics committee reference number

TBZMED.REC.1394.907

Health conditions studied

1

Description of health condition studied

Coronary Artery Disease (Depression and Anxiety)

ICD-10 code

I24.9

ICD-10 code description

Acute ischaemic heart disease, unspecified

Primary outcomes

1

Description

Anxiety

Timepoint

before intervention - 4 months after intervention

Method of measurement

Hmlton Anxiety questionnaire

2

Description

Depression

Timepoint

before intervention - 4 months after intervention

Method of measurement

Hamilton Depression Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

cardiac rehabilitation including self-care training, nutritional advice, stress reduction and exercise were presented in Madani hospital and Sheikholraees outpatient clinics, at four 20 minute training session

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Sheikhol Raees Cardiac clinic

Full name of responsible person

Maryam Shahamfar

Street address

Sheikhol Raees Cardiac clinic, Azadi Ave, Tabriz, Iran

City

Tabriz

2

Recruitment center

Name of recruitment center

Shahid Madani Clinic

Full name of responsible person

Street address

Shahid Madani Clinic, Golgasht St, Azadi Ave, Tabriz, Iran

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Science

Full name of responsible person
Mojgan Mirgaffarvand

Street address
Golgasht Ave.Tabriz University of Medical Sciences

City
Tabriz

Grant name

Grant code / Reference number

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

Title of funding source
Tabriz 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
Community Medicine Department , Tabriz University of Medical Science

Full name of responsible person
Dr Zhila Khamnian

Position
Community Medicine Assistant Professor

Other areas of specialty/work

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Person responsible for scientific inquiries

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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