Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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

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

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Zhila Khamnian
Name of organization / entity
Community Medicine Department, Tabriz University of Medical Sciences
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Iran (Islamic Republic of)
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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

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 Committe of Tabriz University of Medical Science
Street address
Tabriz University of Medical Science, Golgasht Aveniue,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
Hmilton Anxity questionare

2

Description
Depression
Timepoint
before intervention - 4 months after intervention
Method of measurement
Hamilton Depression Questionare

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

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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