

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

The efficacy of comprehensive cardiac rehabilitation program based on exercise and psychological interventions on illness perception, quality of relationships, self efficacy, psychological distress in patients with coronary artery bypass surgery (CABG).

Protocol summary

Summary

Test the efficacy of comprehensive cardiac rehabilitation program based on exercise and psychological interventions on illness perception, quality of relationships, self efficacy, psychological distress in patients with coronary artery bypass surgery (CABG). The trial was pretest-post test and had no control group. for this purpose, among cardiovascular patients of Tehran Heart Center, who referred to Rehabilitation Clinic of Tehran Heart Center hospital one month after bypass surgery during the study period. Inclusion criterion: one month after CABG in Tehran Heart Center for the first time; lack of mental illnesses according to patient's records; lack of disability and written informed consent. 120 subjects were randomly selected. Subjects of the sample group assessed in two pre-test and post-test steps (two months after the start of intervention and at the end of rehabilitation program) questionnaires. Participants were given rehabilitation program (physical / psychological) during 24 sessions (8 weeks), 3 days per week assigned to exercise training, 6 sessions assigned to psychological training.

General information

Acronym

CABG

IRCT registration information

IRCT registration number: **IRCT2016050827697N1**

Registration date: **2017-05-31, 1396/03/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-05-31, 1396/03/10

Registrant information

Name

Fatemeh Dinpajouh

Name of organization / entity

Alborz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Zahedan University of Medical Sciences

Expected recruitment start date

2013-01-29, 1391/11/10

Expected recruitment end date

2013-07-21, 1392/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The efficacy of comprehensive cardiac rehabilitation program based on exercise and psychological interventions on illness perception, quality of relationships, self efficacy, psychological distress in patients with coronary artery bypass surgery (CABG).

Public title

Cardiac rehabilitation program in patients after CABG

Purpose

Health service research

Inclusion/Exclusion criteria

Study population: among cardiovascular patients of Tehran Heart Center, who referred to Rehabilitation Clinic of Tehran Heart Center hospital one month after bypass surgery and selected by inclusion and exclusion criteria. Inclusion criterion: having at least education level of primary school; age 40 to 65 years old; one month after the first time of CABG in Tehran Heart Center; lack of mental illnesses; lack of serious medical problems such as diabetes uncontrolled, sharp decline in left ventricular function, and other chronic diseases other than heart disease; lack of Disability, written informed consent.

Age

From **40 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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

Zahedan Univrsity of Medical Sciences

Street address

Zahedan University of Medical Sciences, Khalije Fars Highway

City

Zahedan

Postal code

Approval date

2012-07-19, 1391/04/29

Ethics committee reference number

5559-91

Health conditions studied

1

Description of health condition studied

Other Physical Therapy Therapeutic Procedures

ICD-10 code

93.36

ICD-10 code description

Cardiac retraining

Primary outcomes

1

Description

Quality of relationships

Timepoint

Before intervention, immediately after the interventions

Method of measurement

QRI Questionnaire

2

Description

Illness perception

Timepoint

Before intervention, immediately after the interventions

Method of measurement

BIPS Questionnaire

3

Description

Self efficiency

Timepoint

Before intervention, immediately after the interventions

Method of measurement

CSEQ Questionnaire

4

Description

Depression, anxiety, stress

Timepoint

Before intervention, immediately after the interventions

Method of measurement

DASS Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The experiment was pretest-posttest and had no control group. The study was conducted in cardiac rehabilitation center of Tehran Heart Hospital. For this purpose, among cardiovascular patients of Tehran Heart Center, who referred to Rehabilitation Clinic of Tehran Heart Center hospital one month after bypass surgery during the study period, 120 subjects were randomly selected.

Subjects of the sample group were assessed in two pre-test and post-test steps (two months after the start of intervention and at the end of rehabilitation program) using illness perception questionnaire (BIPS), relationship quality questionnaire (QRI), cardiac patients self efficacy scale (CSQ), and depression, anxiety, and stress scale (psychological distress) (DASS-21). Participants were given rehabilitation program (physical / psychological) during 24 sessions (8 weeks), 3 days per week assigned to exercise training, 6 sessions assigned to psychological trainings, and on session (the last session) was held for health tour.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran Heart Center

Full name of responsible person

Fatemeh Dinpajouh

Street address

Tehran Heart Center, karegare shomali
avenue, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research administration of Zahedan University of
Medical Sciences

Full name of responsible person

Dr Mohammad Bakhshani

Street address

Zahedan University of Medical Sciences, Khalije Fars
Highway

City

Zahedan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research administration of Zahedan University of Medical
Sciences

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

Alborz University of Medical Science

Full name of responsible person

Fatemeh Dinpajouh

Position

Department of Nursing & Midwifery

Other areas of specialty/work

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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