

# 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

##### Country

Iran (Islamic Republic of)

##### Phone

+98 32544121

##### Email address

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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**

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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*