

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### The effect of Acceptance and Commitment Therapy (ACT) to the perception of patient , self-care behaviors, depression and quality of life in patient with myocardial infarction

#### Protocol summary

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##### Summary

The main purpose of this study was to investigate The effect of Acceptance and Commitment Therapy (ACT) to the perception of patient , self-care behaviors, depression and quality of life. In a quasi-experimental study,60 patient were recruited. Intervention included training about acceptance and commitment in the form of discussion, lecture and question and answer during the 8 sessions for patient. Primary outcomes included Acceptance of methods, understanding of the disease and ways to cope with the complications of the disease measured before and six month after the study intervention.

##### Recruitment status

**Recruitment complete**

##### Funding source

vice-chancellor for research,Isfahan University of Medical Science

##### Expected recruitment start date

2015-09-06, 1394/06/15

##### Expected recruitment end date

2016-05-21, 1395/03/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016060828339N1**

Registration date: **2016-07-01, 1395/04/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-07-01, 1395/04/11

##### Registrant information

###### Name

Leila Ahmadi Ghahnaviyeh

###### Name of organization / entity

Isfahan University of Medical Science

###### Country

Iran (Islamic Republic of)

###### Phone

+98 31 5333 2247

###### Email address

##### Scientific title

The effect of Acceptance and Commitment Therapy (ACT) to the perception of patient , self-care behaviors, depression and quality of life in patient with myocardial infarction

##### Public title

The effect of Acceptance and Commitment Therapy (ACT) to the perception of patient , self-care behaviors, depression and quality of life

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria:At least once a person has a history of heart attack,More than 30 years of age,The ability to read and write,Participate in psychotherapy counseling sessions during the last 6 months,Full consent to participate in research projects Exclusion criteria:Develop other physical disorders such as acute kidney disease and cancer

##### Age

From **30 years** old to **75 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **60**

**Randomization (investigator's opinion)**

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**

Isfahan University of Medical Science

**Street address**

Isfahan University of Medical Science, thousand acres St.

**City**

Isfahan

**Postal code**

**Approval date**

2015-06-15, 1394/03/25

**Ethics committee reference number**

IR.MUI.REC.1394.3.340

**Health conditions studied**

1

**Description of health condition studied**

Old myocardial infarction

**ICD-10 code**

I25.2

**ICD-10 code description**

Old myocardial infarction

**Primary outcomes**

1

**Description**

III-Perception

**Timepoint**

before the intervention, Immediately and six month after intervention

**Method of measurement**

Questionnaire

2

**Description**

Self-care behaviors

**Timepoint**

before the intervention, Immediately and six month after intervention

**Method of measurement**

Questionnaire

3

**Description**

Quality of Life

**Timepoint**

before the intervention, Immediately and six month after intervention

**Method of measurement**

Questionnaire

4

**Description**

Depression

**Timepoint**

before the intervention, Immediately and six month after intervention

**Method of measurement**

Questionnaire

**Secondary outcomes**

empty

**Intervention groups**

1

**Description**

Training Intervention methods based on acceptance and perception of disease, Ways of coping and acceptance of complications from the disease by discussion, lecture, question and answer for patients in 8 sessions. Education was completed to distribution of educational book among patients.

**Category**

Other

2

**Description**

No intervention

**Category**

N/A

**Recruitment centers**

## 1

### Recruitment center

**Name of recruitment center**

Isfahan Hospitals

**Full name of responsible person**

Leila Ahmadi, Ph.D candidate of Health education and Promotion

**Street address**

Isfahan University of Medical Science, School of health, thousand acres St.

**City**

Isfahan

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Vice-chancellor for research, Isfahan University of Medical Science

**Full name of responsible person**

Dr. Neematbakhsh

**Street address**

Isfahan University of Medical Science, School of health, thousand acres St.

**City**

Isfahan

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

Yes

**Title of funding source**

Vice-chancellor for research, Isfahan 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**

Isfahan University of Medical Science

**Full name of responsible person**

Firoozeh Mostafavi Darani

**Position**

Associate Professor

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## Person responsible for scientific inquiries

### Contact

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Master of Public Health

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## Person responsible for updating data

### Contact

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**Full name of responsible person**

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**Position**

Expert in Health education

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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*