

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of guided imagery on sleep quality in elderly post-heart attack patients

Protocol summary

Summary

(1) Objectives, To determine the effect of imagery on sleep quality in the elderly after heart attack, (2) Design, This research of double group random clinical trials will accomplished on 60 elders that given to heart attack that released with sleep problem from selected teaching hospital of Esfahan medical science. All patients eligible for the study, Randomly will divided to two groups of intervention and control (3) Setting and conduct, after holding two sessions of relaxation, sleep quality samples will be checked again using the Pittsburgh Sleep Quality Index,(4) Inclusion criteria:People 60 years and older given to heart attack that are able to understanding and doing of intervention: Score of 5 or higher of the form of quality of Pittsburg sleep:minimum literacy skills: Non using of research units of relaxation methods: The ability to use audio file. Exclusion criteria: Disability of collaborating at going on the research:Death of patient before of cessation of intervention: Crisis creation for elders (for example partner and darlings) (5) Interventions, Listen to file imagery for intervention group and music file for the control group (6) The main outcome measures,The quality of sleep

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016062128568N1**
Registration date: **2016-08-17, 1395/05/27**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-08-17, 1395/05/27

Registrant information

Name

Sepideh Aghababaei

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 4227 4457

Email address

s_ghababei@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2017-01-20, 1395/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of guided imagery on sleep quality in elderly post-heart attack patients

Public title

The effect of guided imagery on sleep quality

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:People 60 years and older given to heart attack that are able to understanding and doing of intervention: Score of 5 or higher of the form of quality of Pittsburg sleep: minimum literacy skills: Non using of research units of relaxation methods: Nonsmoking and Stimulating the nervous system (alcohol, psychotropic

drugs) by the research units: Lack of melancholia:
Intellectual disabilities: chronic and affective pain on the
sleep:The ability to use audio file Exclusion criteria:
Disability of collaborating at going on the research:
Creating any problem as unable to going on participation
at the research: Using of other relaxation methods during
the intervention: Death of patient before of cessation of
intervention: Crisis creation for elders (for example
partner and darlings)

Age

From **60 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Sealed envelope

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Isfahan University of Medical
Sciences

Street address

Isfahan University of Medical Sciences, Hezar Jerib
Avenue, Isfahan

City

Isfahan

Postal code

Approval date

2015-11-03, 1394/08/12

Ethics committee reference number

lr.mui.rec.1394.3.582

Health conditions studied

1

Description of health condition studied

Myocardial infarction

ICD-10 code

I21

ICD-10 code description

Acute myocardial infarction

Primary outcomes

1

Description

Sleep quality

Timepoint

Before intervention, A month after the intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

intervention group: During two speculative and practical
45 minute teaching session, subject will be presented about
sleep importance and its effect on the health, treatment
of insomnia, cognitive behavioral therapy, sleep health
and alpha technique with imagination. The teaching will
be collective and lecture with practical accomplishing of
relaxation file then imagining file will be given to
samples for 10 minutes that for a month listening.

Category

Behavior

2

Description

Control group: During two speculative and practical 45
minute teaching session, subject will be presented about
sleep importance and its effect on the health, treatment
of insomnia, cognitive behavioral therapy, sleep health
and alpha technique with imagination. The teaching will
be collective and lecture with practical accomplishing of
relaxation file then music file will be given to samples for
10 minutes that for a month listening.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Teaching hospitals in Isfahan University of Medical
Sciences

Full name of responsible person

Ahmadreza Yazdanic

Street address

Isfahan University of Medical Sciences, Hezar Jerib

Ave, Isfahan
City
Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for research of Isfahan University of
Medical Sciences

Full name of responsible person
Payman Adibi

Street address
Research Assistance, Isfahan University of Medical
sciences, Av. Hezarjerib, Isfahan, Iran

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 of Isfahan 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
Isfahan University of Medical Sciences

Full name of responsible person
Ahmadreza Yazdannick

Position
Assistant Professor

Other areas of specialty/work

Street address
College of Nursing, Isfahan University of Medical
Sciences, Hezar jerib Avenue, Isfahan, Iran

City
Isfahan

Postal code

Phone
+98 31 3792 7540

Fax

Email
Yazdannick@nm.mui.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
College of nursing, Isfahan University of Medical
Science

Full name of responsible person
Ahmadreza Yazdannick

Position
Assistant Professor

Other areas of specialty/work

Street address
Isfahan University of Medical Sciences, Hezar jerib
Avenue, Isfahan

City
Isfahan

Postal code

Phone
+98 31 3792 7540

Fax

Email
Yazdannick@nm.mui.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
College of Nursing, Isfahan University of Medical
Sciences

Full name of responsible person
Sepideh Aghababaei

Position
Nursing expert

Other areas of specialty/work

Street address
Isfahan University of Medical Sciences, Hezar jerib
Avenue, Isfahan

City
Isfahan

Postal code

Phone
+98 31 4227 4457

Fax

Email
Aghababaeisepideh@gmail.com

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