

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The effect of self- management program on coping strategies in patients after angioplasty

Protocol summary

Summary

This study is a randomized clinical trial in which the effects of self-management program on coping strategies will be examined. The population, coronary artery disease who underwent angioplasty in selected hospitals of Tehran University of Medical Sciences. Number of subjects in both intervention and control groups according to the amount of sample loss and variables studied with the estimation of statistical supervision 37 patients in each group is determined. Sampling method available and will be selected based on inclusion criteria. Participants will be divided randomly into control and intervention. Patients in the intervention group and control After stabilization of hemodynamics and physical conditions coping strategies will complete a questionnaire after angioplasty. The control group will receive training routine discharge without interference research and experimental group self-management training program to learn by the researcher. The program includes training for 30 to 40 minutes and get face to face and telephone follow-up training is scheduled. the tables are recorded on a daily basis. Training content according to references in the educational needs of patients with coronary artery disease and previous research in this area, with a focus on three areas of management, role management and emotional management is set. The book education risk factors, and correcting misconceptions that there is a misunderstanding about angina patients and employing ways to improve the level of physical activity, has been studied. Telephone follow-up schedule by one week, three weeks and six weeks after the intervention. Two months after discharge, the questionnaire will be completed by patients in both groups. Data will be analyzed by SPSS software

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112431068N1**

Registration date: **2017-05-01, 1396/02/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-05-01, 1396/02/11

Registrant information

Name

Maryam Esmaeili

Name of organization / entity

Tehran University of Medical Sciences

Country

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Phone

+98 21 6105 4402

Email address

esmaeili_m@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2017-01-20, 1395/11/01

Expected recruitment end date

2017-04-21, 1396/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self- management program on coping strategies in patients after angioplasty

Public title

The effect of self- management program on coping strategies in patients after angioplasty

Purpose

Other

Inclusion/Exclusion criteria

Inclusion Criteria: Having read and write; The age range between 30 and 60 years; perform angioplast; the company's previous lack of self-management course or similar training courses Exclusion Criteria: During the study the patients died; Patients in the acute phase; If the patient does not participate in the telephone intervention; Lack of consent to continue participating in the study

Age

From **30 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **74**

Randomization (investigator's opinion)

Not 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

Tehran University of Medical Sciences- school of nursing and midwifery

Street address

School of Nursing and Midwifery, Nosrat St, Tohid SQ, Tehran, Iran

City

Tehran

Postal code

Approval date

2016-02-20, 1394/12/01

Ethics committee reference number

IR.TUMS.REC.1394.2013

Health conditions studied

1

Description of health condition studied

Coronary Artery Disease

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic Heart Disease

Primary outcomes

1

Description

Coping Strategies with disease conditions

Timepoint

3 months

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The control group will not receive any intervention.

Category

Other

2

Description

The program consisted of 30 to 40 minutes and get face to face and telephone follow-up training is scheduled. This training package includes manual intervention training activity table and implementation of goals, which is available to patients. Training content according to references in the educational needs of patients with coronary artery disease and previous research in this area, with a focus on three areas of management, role management and emotional management is set. The intervention sessions with the patient's consent before discharge for half an hour and then after discharge telephone follow-up is done to help patients. This intervention is done solely for the intervention group and the control group will not receive special intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital Affiliated to Tehran University of Medical Sciences

Full name of responsible person

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School of Nursing and Midwifery, Nosrat St, Tohid Sq,
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2

Recruitment center

Name of recruitment center

Shariati Hospital Affiliated to Tehran University of
Medical Sciences

Full name of responsible person

Maryam Esmaeili

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Ziba Taghizadeh

Street address

School of Nursing and Midwifery, Nosrat St, Tohid Sq,
Tehran, Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Maryam Esmaeili

Position

Assistant Professor

Other areas of specialty/work

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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