

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effects of cardiac rehabilitation on self-esteem and self-efficacy in elder coronary patient

Protocol summary

Summary

This research is a clinical trial with two groups to assess the effect of intervention with cardiac rehabilitation (as independent variable) on the self esteem and self efficacy (as dependent variable). The study population was all the elderly patients with the diagnosis of cardiac coronary arteries disease hospitalized in the cardiac intensive care unit , and the elderly who were referred to the rehabilitation center after being discharged from the cardiac intensive care unit. Inclusion criteria: age above 60 , this is for the first time that the cardiac arteries disease is being confirmed by a cardiologist. Exclusion criteria: having orthopedic or mobility problems such as rheumatic diseases , having non pharmaceutical intervention to treat the disease. The number of sample in this research is considered to be 30 patients in each group and also 10 percent is considered as the falling number. Impact of cardiac rehabilitation program Intervention will be assessed after 24 sessions (8 weeks). This program in case of being effective can be considered as a non pharmaceutical solution to improve the self esteem and self efficacy of the elderly who suffer with coronary arteries disease in the nursing care implementation program.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016120731290N1**

Registration date: **2017-09-04, 1396/06/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-04, 1396/06/13

Registrant information

Name

Halimeh Khodadadian

Name of organization / entity

Shahid sadoughi Yazd University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Research Deputy Of Shahid Sadoughi University Of medical Sciences, Yazd, Iran

Expected recruitment start date

2016-11-20, 1395/08/30

Expected recruitment end date

2017-01-19, 1395/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of cardiac rehabilitation on self-esteem and self-efficacy in elder coronary patient

Public title

The effects of cardiac rehabilitation on self-esteem and self-efficacy in elder coronary patient

Purpose

Supportive

Inclusion/Exclusion criteria

Entry criteria into the study : age above 60; having the ability to understand and speak in Persian; this is for the first time that the cardiac arteries disease is being

confirmed by a cardiologist. Exit criteria from the study : having mental illness; having orthopedic or mobility problems such as rheumatic diseases; having a history of confusion and forgetfulness ; having non pharmaceutical intervention to treat the disease; using drugs related to mental disorders.

Age

From **60 years** old to **100 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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**

Research Ethics Committee shahid sadoughi Yazd
University of Medical Sciences

Street address

Sadoughi shahid sadoughi Yazd University of Medical
Sciences School of Nursing

City

yazd

Postal code**Approval date**

2016-10-10, 1395/07/19

Ethics committee reference number

IR.SSU.REC.1395.121

Health conditions studied**1****Description of health condition studied**

Coronary Artery Disease

ICD-10 code

I20, I21,

ICD-10 code description

Disorders of arteries, arterioles and capillaries in

diseases classified elsewhere

Primary outcomes**1****Description**

Self-esteem

Timepoint

Before intervention-Two months after the intervention.

Method of measurement

Rosenberg Self-Esteem Scale

2**Description**

Self-efficacy

Timepoint

Before intervention-two months after the intervention

Method of measurement

Self-efficacy questionnaire heart Sullivan

Secondary outcomes

empty

Intervention groups**1****Description**

Rehabilitation programe of cardiovascular patients are carried out in 3 stages. The first stage starts before discharging patients from hospitals and patients are advised on sexual and physical allowable levels, proper diet, proper use of medicine and how to quit cigarette.In the second stage which is related to the period of time after being discharged from hospitals, patients take exercise with minimum 12 sessions under physician surveillance. This stage can be implemented at home based on the patients willingness.likely questions will be answered in the third stage by holding training sessions and patients are examined and controled regrading factors which cause danger including high blood pressure, triglisirid and fast blood sugar.

Category

Rehabilitation

2**Description**

Patients in the control group before discharging patients from hospitals and patients are advised on sexual and physical allowable levels, proper diet, proper use of medicine and how to quit

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Cardiac Rehabilitation Clinic Iran

Full name of responsible person

halimeh khodadadian - Masters student

Street address

Avenue bagh eram, Avenue tabibesfahani, Avenue ghaemmagham frahani

City

esfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Sadoughi Yazd University of Medical Sciences

Full name of responsible person

Habib Necokar

Street address

Alam Sq,Safaieh, Yazd

City

Yazd

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Sadoughi Yazd 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

Yazd,shahid sadoughi University of Medical Sciences

Full name of responsible person

Zohreh Kalani

Position

Master of science nursing education, member of scientific board, Yazd Shahid sadoughi college of nursing

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