

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of positive psychology-based audio messages on psychological variables in patients with acute coronary syndrome

Protocol summary

Summary

The present study is a clinical trial with a randomized design of the experimental and control group with pretest-post-test-follow-up. A simple randomization with lottery will be done with 0 and 1 numbers and blindness will not be done. 84 patients hospitalized in the cardiac intensive care unit of hospitals affiliated to Shahrekord University of Medical Sciences are selected based on inclusion criteria and are divided into two groups of 42 people. In the absence of patient cooperation, the patient's death during the study and complications of life threatening complications will be excluded. First, the questionnaire for demographic information and disease information, Hospital Anxiety And Depression Scale, Life Orientation Test-Reviseved, Positive and Negative Affect Scale (PANAS) and Hope Questionary will be completed. Voice messages will be distributed to the patients in the intervention group, with emphasis on the optimism structure and optimistic mental exercises along with messages containing heart self-care information through headphones. For the control group only messages containing your cardiac care information are broadcast. Three days at the time of admission, and messages will be broadcast four times a day, up to six weeks after discharge, and two times a week. After discharge from the hospital one week after the intervention and six weeks after the completion of the intervention, the questionnaires are completed again. Tracking will be done through checklist and phone call. The main outcome variables are optimism, positive affection, hope, anxiety and depression.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017092532764N4**

Registration date: **2017-11-05, 1396/08/14**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-11-05, 1396/08/14

Registrant information

Name

Shahla Abolhassani

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38 3333 5648

Email address

abolhasani@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shahrekord University of Medical Sciences

Expected recruitment start date

2017-11-22, 1396/09/01

Expected recruitment end date

2018-06-22, 1397/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of positive psychology-based audio messages on psychological variables in patients with acute coronary syndrome

Public title

The effect of positive psychology-based audio messages on patients with acute coronary syndrome

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: confirmation of Acute Coronary Syndrome by Cardiologist; no history of hospitalization in the cardiac care unit; willingness to participate in the study; ability to understand conversation in Persian language; age of 30 to 75 years; no use of psychological treatment; having no hearing problems
Exclusion criteria: failure to co-operate with the patient; patient's death during the study; complications of life threatening complications

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: **84**

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

Ethics committee of Shahrekord University of Medical Sciences and Health Service

Street address

Shahrekord University of Medical Sciences and Health Service , Kashani street, Shahrekord

City

Shahrekord

Postal code

Approval date

2017-09-13, 1396/06/22

Ethics committee reference number

IR.SKUMS.Rec.145

Health conditions studied

1

Description of health condition studied

acute coronary syndrome

ICD-10 code

120

ICD-10 code description

Angina pectoris

2

Description of health condition studied

acute coronary syndrome

ICD-10 code

121

ICD-10 code description

acute myocardial infarction

3

Description of health condition studied

acute coronary syndrome

ICD-10 code

122

ICD-10 code description

Subsequent myocardial infarction

4

Description of health condition studied

acute coronary syndrome

ICD-10 code

123

ICD-10 code description

Certain current complications following acute myocardial infarction

5

Description of health condition studied

acute coronary syndrome

ICD-10 code

124

ICD-10 code description

Other acute ischaemic heart diseases

Primary outcomes

1

Description

anxiety

Timepoint

before the intervention, after discharge from the hospital, one week after the intervention and six weeks after the intervention.

Method of measurement

Hospital Anxiety And Depression Scale

2

Description

depression

Timepoint

before the intervention, after discharge from the hospital, one week after the intervention and six weeks after the intervention.

Method of measurement

Hospital Anxiety And Depression Scale

3

Description

hope

Timepoint

before the intervention, after discharge from the hospital, one week after the intervention and six weeks after the intervention.

Method of measurement

Hope Questionary

4

Description

optimism

Timepoint

before the intervention, after discharge from the hospital, one week after the intervention and six weeks after the intervention.

Method of measurement

Life Orientation Test-Reviseed

5

Description

positive affect

Timepoint

before the intervention, after discharge from the hospital, one week after the intervention and six weeks after the intervention.

Method of measurement

Positive and Negative Affect Scale (PANAS)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: they will receive audio file of positive psychological messages with topics of morning optimism, short term and temporal hospitalization, positive perception of CCU hospitalization event, external and non-permanent view of hospitalization process, hope for alleviation and its effect, positive imaging of the future in the field of heart health, meditation focused on positive imaging of the heart and blood vessels, optimistic appreciation of the severity of symptoms of my heart disease, controllability of my heart disease, optimistic appreciation during sleep, and cardiac self-care through the headphones four times a day for three-day hospitalization. And for six weeks at home, they will receive twice a week the optimistic psychological

messages with topics of positive interpretation of the damage and heart disease, post-traumatic development, optimistic appreciation of the symptom severity of my heart disease, hope for the future, controllability of my heart disease, readiness to cope with the crisis -for the worst possible condition, positive mindfulness and self-talk, optimism for social support, short-term and temporal acute period of illness, morning optimism when awakening, good appreciation at bedtime, transform optimism into a habit and cardiac self-care through headphone.

Category

Other

2

Description

Control group: They will receive audio file of self-care messages with the topics related to getting acquainted with the cardiac care unit, the cardiovascular system, the risk factors of coronary artery disease, angina pectoris, heart attack, and hospital treatments through headphones two times a day for three-day hospitalization. Then for six weeks at home, they will receive messages with the topics related to the examination and control of disease symptoms, the adoption of a treatment regimen, the maintenance of healthy lifestyle, controlling the impact of the disease on the daily performance by voice and with Headphones twice a week.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hajar hospital

Full name of responsible person

Sara Hadadzadeh

Street address

Hajar hospital, Parastar street, Shahrekord

City

Shahrekord

2

Recruitment center

Name of recruitment center

Kashani hospital

Full name of responsible person

Sara Hadadzadeh

Street address

Kashani hospital, Parastar street, Shahrekord

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shahrekord University of Medical Sciences and Health Service

Full name of responsible person

Kamal Solati

Street address

Shahrekord University of Medical Sciences and Health Service , Kashani street, Shahrekord

City

Shahrekord

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, Shahrekord University of Medical Sciences and Health Service

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

Shahrekord University of Medical Sciences and Health Service

Full name of responsible person

Sara Hadadzadeh

Position

MSc. Nursing

Other areas of specialty/work

Street address

Shahrekord University of a Medical Sciences and Health Service , Kashani street, Shahrekord

City

Shahrekord

Postal code

Phone

+98 381330061

Fax

Email

sarahadad1363@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahrekord University of Medical Sciences and Health Service

Full name of responsible person

Shahla Abolhassani

Position

PHD. Nursing

Other areas of specialty/work

Street address

Shahrekord University of Medical Sciences and Health Service , Kashani street, Shahrekord

City

Shahrekord

Postal code

Phone

+98 38 3333 0061

Fax

Email

Sh_abolhassani@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shahrekord University of Medical Sciences and Health Service

Full name of responsible person

Sara Hadadzadeh

Position

MSc. Nursing

Other areas of specialty/work

Street address

Shahrekord University of Medical Sciences and Health Service , Kashani street, Shahrekord

City

Shahrekord

Postal code

Phone

+98 381330061

Fax

Email

sarahadad1363@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