

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

The effect of phase II cardiac rehabilitation on sexual satisfaction and hope in patients undergoing coronary artery bypass graft surgery

Protocol summary

Summary

The aim of this study is to evaluate the effect of cardiac rehabilitation phase 2 on hope and sexual satisfaction in patients after coronary artery bypass graft surgery. Inclusion criteria: patients who have undergone cardiac surgery at least one month ago and have been referred to Al Zahra hospital Cardiac Rehabilitation ward for Cardiac Rehabilitation; people who are educable. Exclusion criteria: the patient's unwillingness to cooperate in research; having life-threatening conditions such as arrhythmias, heart block, metabolic disorders, etc. The total sample size is 104 and patients will be allocated into two groups using a random number table (each n = 52). Intervention group will receive 6 training sessions in companion with 20 cardiac rehabilitation sessions and the control group will receive only 20 cardiac rehabilitation sessions. Pretest and post test will be done for both groups using Miller hopes questionnaire and Larson sexual satisfaction questionnaire. After the completion of 20 cardiac rehabilitation sessions, post test for will be performed for both groups. The primary outcomes are hope and sexual satisfaction.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2017041633344N2**

Registration date: **2017-06-03, 1396/03/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-06-03, 1396/03/13

Registrant information

Name

Afsoon Tofigh

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

stud2298207593@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2017-03-12, 1395/12/22

Expected recruitment end date

2018-05-12, 1397/02/22

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of phase II cardiac rehabilitation on sexual satisfaction and hope in patients undergoing coronary artery bypass graft surgery

Public title

The effect of cardiac rehabilitation on heart disease

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: patients who have undergone cardiac surgery at least one month ago; being educable; having the ability to understand, speak, read and write in Persian. Exclusion criteria: uncontrolled blood pressure

(>180/100); obvious aortic narrowing (diameter less than 1cm); arrhythmias; uncontrolled 3rd degree ventricular or atrial block of without pacemaker; decompensated heart failure; thyroiditis; hypokalemia; hyperkalemia; uncontrolled diabetes; fever; acute systemic diseases; severe orthopedic problems; musculoskeletal problems preventing doing activities; chronic mental disorders; cognitive impairment; vision problems and severe hearing problems; known neurological problems such as Parkinson, multiple sclerosis and

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **104**

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****1****Registry name**

-

Secondary trial Id

-

Registration date

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Shiraz University of Medical Sciences

Street address

Namazi Square

City

Shiraz

Postal code

71345-1978

Approval date

2017-03-12, 1395/12/22

Ethics committee reference number

IR.SUMS.REC.1395.204

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

Patients after coronary artery bypass graft surgery

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic heart disease

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

hope

Timepoint

Before and after 20 sessions of cardiac rehabilitation

Method of measurement

questionnaire

2**Description**

sexual satisfaction

Timepoint

Before and after 20 sessions of cardiac rehabilitation

Method of measurement

questionnaire

Secondary outcomes**1****Description**

-

Timepoint

-

Method of measurement

-

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

In Intervention group sports programs and 6 sessions of educational programs will be conducted. Each training session will last approximately 15-20 minutes. The training will be done before exercise. After patient's discharge training in various fields including heart anatomy, heart diseases and treatments, diet, medications, exercise, activity and the hope and optimism and pain management will be provided to patients. In fact, educational (training) program will be held through session 1 to session 6. In subsequent sessions, follow-up with regard to the provided training sessions, patient's need to take consultation and questions' answers will be provided to the patients.

Category

2**Description**

In control group, patients will not receive training and only rehabilitation sports will be done. At the end of 20 sessions patients in this group will be provided with the training manual given to the patients in intervention group.

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Al Zahra Hospital in Shiraz

Full name of responsible person

Afsoon Tofigh

Street address

Al Zahra Hospital, Sibooyeh boulevard, Shiraz

City

Shiraz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice chancellor for research, Shiraz University of Medical Sciences

Full name of responsible person

Dr-Seyed Basir Hashemi

Street address

Shiraz University of Medical Sciences, Namazi square, Shiraz

City

Shiraz

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, Shiraz 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**

Shiraz University of Medical Sciences

Full name of responsible person

Afsoon Tofugh

Position

Msc student in adult nursing

Other areas of specialty/work**Street address**

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PhD in nursing

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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