Clinical Trial Protocol
Iranian Registry of Clinical Trials

14 Nov 2026

Comparison the effect of education through three methodes of face to face, multimedia CD and Text messaging on anxiety and vital sign of patients undergoing exercise test

Protocol summary

Summary

This is a randomized controlled trial. Whit aim to compare the effect of education through three methods of face to face, multimedia CD and Text messaging on anxiety and vital sign of patients undergoing exercise test In selected Hospitals of Larestan regional in 2017.150 heart disease patients whose exercise test had the characteristics of the study, were randomly assigned into three groups. Collection tools is included demographic questionnaire and Beck Anxiety Inventory. Patients receive routine care in control group and Interactive multimedia CD in the experimental 1 group and SMS before and one week after receiving the necessary training in experimental 2 group. Beck Anxiety Inventory questionnaire before intervention and one week after the intervention will be completed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017042933689N1**
Registration date: **2017-08-20, 1396/05/29**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2017-08-20, 1396/05/29

Registrant information

Name

Maani Beizaei

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Science

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2017-10-23, 1396/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of education through three methodes of face to face, multimedia CD and Text messaging on anxiety and vital sign of patients undergoing exercise test

Public title

The effect education volunteer patients exercise stress test.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: The age range 20 to 60 years, at least having read and write ability, having a computer and a phone line, does not attend in a similar study; people who have moderate anxiety; exclusion criteria: lack of desire to continue cooperation and withdrew from the study, a history of anti-anxiety drugs usage.

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **150**

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 Shiraz University of Medical Sciences

Street address

Ethics Committee, Seventh floor, Shiraz University of Medical Sciences, next to the Red Crescent Headquarters, Zand Ave., Shiraz

City

Shiraz

Postal code

71348-14336

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

95-01-08-13441

Health conditions studied

1

Description of health condition studied

Coronary heart disease

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic Heart Disease

Primary outcomes

1

Description

Anxiety

Timepoint

A week before the intervention and after the intervention

Method of measurement

Beck Anxiety Inventory

Secondary outcomes

1

Description

Vital signs (pulse, blood pressure)

Timepoint

A week before the intervention and after the intervention

Method of measurement

Manometer and monitoring devices

Intervention groups

1

Description

The group control will receive education the method face- to face that inclusive instructions from the before exercise test in communication shave, How to use the drug, How to do exercise test, The cause of the stress test requested by a doctor and routine training.

Category

N/A

2

Description

In the test group with the interactive multimedia CD after the doctor's request for exercise testing, A pre-test will be taken, And then the interactive multimedia CD that is approved by the cardiologist Will be available to patients. Also the researcher control and check to see films by patients, At the time many will be contacted in the event of problems in Movies, In case of difficulty in implementing the movie, will help patients. And the content of the CD is about the purpose and method of performing the exercise test and necessary care before, during and after the test.

Category

N/A

3

Description

The test group with SMS during the course of one week, daily texting in the morning and in the afternoon, including text content on the purpose and how to conduct the exercise test, and the purpose of performing the necessary tests and care before, during and after the test will be sent. Information content In two methods of training Through interactive multimedia and SMS Will be largely considered the same.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Clinic Heart Omidvar Hospital Ewaz

Full name of responsible person
Fozieh Haghighat

Street address
7433195185, Street Beaasat, Evaz

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2

Recruitment center

Name of recruitment center
Hospital Cardiology Clinic of Imam Reza (AS) Lar

Full name of responsible person
Maani Beizaei

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Lar,new city, Dadman Highway

City
Lar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Shiraz University of Medical Science

Full name of responsible person
Dr. Seyd Basir Hashemi

Street address
Vice chancellor for research, seventh floor, Shiraz University of Medical Sciences, next to the Red Crescent headquarters, Zand Ave., 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 Science

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 Science,Shiraz Hazrate Fatemeh Nursing and Midwifery college

Full name of responsible person
Maani Beizaei

Position
Nursing Graduate Student

Other areas of specialty/work

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Person responsible for scientific inquiries

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PhD, associate professor of nursing education

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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