Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Jul 2026

The effect of two preparation methods of the patients before exercise test on anxiety level and indices of exercise test

Protocol summary

Summary

The aim of this study is to investigate the effect of two methods of patients preparation before exercise test on anxiety level and indices of the exercise test. Inclusion criteria: be in the moderate risk for doing exercise test according to the cardiologist diagnosis; having no previous history of chronic hypertension; No previous history of anxiety disorders. Exclusion criteria: Unwillingness to stay in research; Inability to continue cooperation. The study population is the patients with cardiovascular disease that referred to exercise test unit of Emam Ali hospital of Azna city. The sample size is 55 patients in the intervention group and 55 patients in the control group. In the intervention group, patients come to exercise test unit a day before and according to the educational package, preparation is done for them. For the control group, face to face training is done half an hour before the exercise test. Finally, the effect of preparation on anxiety level and indices of exercise test will be evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017051333942N1**
Registration date: **2017-09-13, 1396/06/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-09-13, 1396/06/22

Registrant information

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Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2016-11-21, 1395/09/01

Expected recruitment end date

2017-03-18, 1395/12/28

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of two preparation methods of the patients before exercise test on anxiety level and indices of exercise test

Public title

The effect of preparation of the patients on anxiety level of exercise test

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Be in the moderate risk for doing exercise test according to the cardiologist diagnosis; Having no previous history of chronic hypertension; No previous history of anxiety disorders; Exclusion criteria: Unwillingness to stay in research; Inability to continue cooperation

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **110**

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 Arak University of Medical Sciences

Street address

Basij Square, Sardasht

City

Arak

Postal code

3848176941

Approval date

2016-09-05, 1395/06/15

Ethics committee reference number

IR.ARAKMU.REC.1395.228

Health conditions studied

1

Description of health condition studied

Heart disease

ICD-10 code

I20.0

ICD-10 code description

Unstable angina

Primary outcomes

1

Description

Anxiety

Timepoint

Half an hour before and immediately after exercise test.

Method of measurement

State anxiety inventory of Spielberger

Secondary outcomes

1

Description

Blood pressure

Timepoint

Half an hour before, During and immediately after exercise test.

Method of measurement

Patient monitoring

2

Description

Heart rate

Timepoint

Half an hour before, During and immediately after exercise test.

Method of measurement

Patient monitoring

3

Description

Arrhythmias

Timepoint

Half an hour before, During and immediately after exercise test.

Method of measurement

Patient monitoring

4

Description

Chest pain

Timepoint

Half an hour before, During and after exercise test.

Method of measurement

Ask the patient

5

Description

Dyspnea

Timepoint

Half an hour before, During and after exercise test.

Method of measurement

Ask the patient

6

Description

Leg muscle cramps or fatigue

Timepoint

Half an hour before, During and after exercise test.

Method of measurement

Ask the patient

Intervention groups

1

Description
Patients in the intervention group will come to the excercise unit on the previous day and according to the preparation educational package, exercise test will be explained face to face. Then training video that illustrates the stages of exercise test will be shown and then he/she will walks on the treadmill with low speed for 2 minutes.
Category
Other

2

Description
In the control group according to standard methods, the exercise test will be explained for the patient half an hour before the test.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam Ali hospital of Azna
Full name of responsible person
Masoumeh Eslami Rad
Street address
Azna, Lorestan
City
Azna

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Dr Davood Hekmatpou
Street address
Basij Square, Sardasht
City
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Arak 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
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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