

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### Comparison of the effect of educational program on cardiac rehabilitation by multimodality and face to face on self-efficacy and spirometric indices of patients undergoing coronary artery bypass graft surgery

#### Protocol summary

##### Summary

The purpose of this study was to compare the effect of the rehabilitation curriculum on multidimensional methods and on the self-efficacy and spirometric indices of patients undergoing coronary artery bypass graft surgery. In this clinical trial, 60 patients undergoing non-delivery graft surgery were selected and randomly divided into two groups. In this study, the three-phase training of cardiac rehabilitation is provided in four stages: 1- Hospitalized in the Department of Cardiac Surgery (before surgery) 2- Day of discharge from the hospital 3- Admission to the heart rehab center (4 weeks after surgery) 4. End 10 Rehabilitation sessions at the Heart Rehab center. In the first group, rehabilitation training is done in multimedia and in the second group is delivered in person. Complete the self-efficacy and spirometric questionnaire in three steps: on admission, on the day of discharge from the hospital, and the end of the 10th session of the rehabilitation.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017070734630N1**

Registration date: **2017-07-07, 1396/04/16**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2017-07-07, 1396/04/16

##### Registrant information

##### Name

Hamideh Mohebbi

##### Name of organization / entity

Mashhad University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 58 3229 6917

##### Email address

mohebbih941@mums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice Chancellor for Research, Mashhad University of Medical Sciences

##### Expected recruitment start date

2017-07-11, 1396/04/20

##### Expected recruitment end date

2017-12-11, 1396/09/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparison of the effect of educational program on cardiac rehabilitation by multimodality and face to face on self-efficacy and spirometric indices of patients undergoing coronary artery bypass graft surgery

##### Public title

Comparison of the effect of educational program on cardiac rehabilitation by multimodality and face to face on self-efficacy and spirometric indices

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: voluntary of non-emergency coronary artery bypass graft surgery; no history of heart surgery.

Exclusion criteria: patient's death

### Age

From **18 years** old to **64 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **60**

### 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 Mashhad University of Medical Sciences

##### Street address

Vice Chancellor for Research, Building Qureshi, Daneshgah Street, Doctora Crossroads, Mashhad

##### City

Mashhad

##### Postal code

13944-91388

##### Approval date

2017-06-15, 1396/03/25

##### Ethics committee reference number

IR.MUMS.REC.1396.51

## Health conditions studied

### 1

#### Description of health condition studied

Coronary Artery Bypass Graft surgery

#### ICD-10 code

I00-I99

#### ICD-10 code description

I70-I79

## Primary outcomes

### 1

#### Description

Maximum expiratory flow rate

#### Timepoint

Before intervention, 5 days after intervention, 9 weeks after intervention

#### Method of measurement

Spirometry device

### 2

#### Description

Self efficacy

#### Timepoint

Before intervention, 5 days after intervention, 9 weeks after intervention

#### Method of measurement

Heart Self Efficacy Questionnaire

### 3

#### Description

Forced Vital Capacity

#### Timepoint

Before intervention, 5 days after intervention, 9 weeks after intervention

#### Method of measurement

Spirometry device

### 4

#### Description

Forced Expiratory Volume 1

#### Timepoint

Before intervention, 5 days after intervention, 9 weeks after intervention

#### Method of measurement

Spirometry device

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Group one: teaching cardiac rehabilitation by multimedia

#### Category

Other

### 2

#### Description

Group two: teaching cardiac rehabilitation by face to face

#### Category

Other

## Recruitment centers

## 1

### Recruitment center

**Name of recruitment center**

Emam Reza Hospital

**Full name of responsible person**

Hamideh Mohebbi

**Street address**

Emam Reza Hospital, Mashhad, Iran

**City**

Masshhad

## Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**

Vice Chancellor for Research, Mashhad University of Medical Sciences

**Full name of responsible person**

Mohsen Tafaghodi

**Street address**

Vice Chancellor for Research, Building Qureshi, Daneshgah Street, Doctora Crossroads, Mashhad , Iran

**City**

Mashhad

**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, Mashhad 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**

Mashhad University of Medical Sciences

**Full name of responsible person**

Javad Malekzadeh

**Position**

MSc in Nursing

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

College of Nursing and Midwifery, Mashhad, Iran

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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

**Name of organization / entity**

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**Full name of responsible person**

Hamideh Mohebbi

**Position**

Msc 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*