

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 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)

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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

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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