

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

Effect of healthy-lifestyle education on cardiovascular risk factors in coronary patients undergoing angioplasty

Protocol summary

Summary

Healthy lifestyle plays a key role in improving cardiovascular risk factors and prevents deaths from heart attacks. Healthy lifestyle contributes to the treatment of cardiovascular diseases and leads to favorable outcomes after coronary angioplasty, one of the treatment options for cardiovascular patients. The main purpose of this study is to investigate the effect of education on lifestyle in patients after coronary angioplasty. The approach is a clinical trial with randomized sampling which survey the lifestyle and risk factors for cardiovascular disease in three stages before, immediately after and one month after education, in 60 patients who underwent coronary angioplasty for the first time. Inclusion criteria are as: age of people must be more than 35 years and less than 70 years; only once has the experience of coronary angioplasty; people must have literacy and the ability to read, write and answer questions; people must have no specific illnesses requiring hospitalization in the hospital; they must have no history of open heart surgery and women should not be pregnant. The exclusion criteria are: people must have not participated in more than one education session of the researcher. The life style is measured by life-style questionnaire which is useful for heart patients and risk factors are evaluated by blood tests including FBS, HbA1c, Chol, TG, HDL, LDL, Vit D3, and Body Mass Index (BMI) and blood pressure.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017070334867N1**

Registration date: **2017-08-05, 1396/05/14**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-08-05, 1396/05/14

Registrant information

Name

Sara Khodabandehlooie

Name of organization / entity

School of Nursing and Midwifery, Shahid Beheshti
University of Medical Sciences,

Country

Iran (Islamic Republic of)

Phone

+98 21 8808 9127

Email address

sarakhodabandeh@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Bahman Clinic

Expected recruitment start date

2017-06-05, 1396/03/15

Expected recruitment end date

2017-08-06, 1396/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of healthy-lifestyle education on cardiovascular risk factors in coronary patients undergoing angioplasty

Public title

Effect of healthy-lifestyle education on cardiovascular risk factors in coronary patients undergoing angioplasty

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Age of people must be more than 35 years and less than 70 years; Only once has the experience of coronary angioplasty; People must have literacy and the ability to read, write and answer questions; People must have no specific illnesses requiring hospitalization in the hospital (such as cancer, stroke); People must have no history of open heart surgery; Women who are not pregnant. Exclusion criteria: People must have not participated in more than one training session of the researcher.

Age

From **35 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

School of Nursing and Midwifery, Shahid Beheshti
University of Medical Sciences

Street address

Intersection of Valiasr and Nayesh Streets

City

Tehran

Postal code

1985717443

Approval date

2017-05-22, 1396/03/01

Ethics committee reference number

IR.SBMU.PHNM.1395.699

Health conditions studied

1

Description of health condition studied

Coronary artery disease

ICD-10 code

I25.1

ICD-10 code description

Atherosclerotic heart disease

Primary outcomes

1

Description

FBS, HbA1c, Chol, TG, HDL, LDL, Vit D 3 and blood pressure, BMI.

Timepoint

Before the intervention immediately after the intervention and one month after the intervention

Method of measurement

In the first stage, before the intervention, blood tests are extracted from the patient's previous file. In the next stage, after the intervention and one month after the intervention, blood samples are taken from the blood sample in the laboratory and blood tests are repeated. The height, weight and blood pressure of the subjects are measured by the researcher using the instrument of blood pressure, the meter and constant scale

Secondary outcomes

empty

Intervention groups

1

Description

The education intervention consists of 6 sessions, the first session is 45 minutes and the next sessions are 30 minutes. The individual or group interviews will be performed as face-to-face with feedback lectures and Q & A. A education package (pamphlet and brochure) will be given to the participants.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Heart clinic of Bahman hospital

Full name of responsible person

Sara Khodabandehlooie

Street address

Shahrak Gharb Iranzamin

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Harert clinic of Bahman Hospital

Full name of responsible person

Dr Davood Kazemisaleh

Street address

Shahrak Gharb Iranzamin

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Harert clinic of Bahman Hospital

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

Heart clinic of Bahman Hospital

Full name of responsible person

Sara Khodabandehlooie

Position

Nurse

Other areas of specialty/work

Street address

Shahrak Gharb Iran zamin

City

Tehran

Postal code

Phone

+98 21 8249 9556

Fax

Email

sarakhodabandeh@smbu.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

School of Nursing and Midwifery, Shahid Beheshti

University of Medical Sciences

Full name of responsible person

Sara Khodabandehlooie

Position

Community health nursing MSc student

Other areas of specialty/work

Street address

Intersection of Niayesh and Valiasr Streets

City

Tehran

Postal code

1985717443

Phone

+98 21 8865 5366

Fax

Email

saralooie@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

School of Nursing and Midwifery

Full name of responsible person

Sara Khodabandehlooie

Position

Community health nursing MSc student

Other areas of specialty/work

Street address

Intersection of Niayesh and Valiasr Streets

City

Tehran

Postal code

Phone

00

Fax

Email

sarakhodabandeh@sbmu.ac.ir

Web page address

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