

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

The Effect of Cardiac Rehabilitation on Anxiety and Depression in Patients Undergoing Cardiac Bypass Graft Surgery in Iran

Protocol summary

Summary

The aim of this study was to examine the effect of cardiac rehabilitation on anxiety and depression in patients after coronary artery bypass grafting. inclusion criteria were: 40-70 years of age, scheduled for Coronary artery Bypass Graft Surgery by a cardiologist. The exclusion criteria were: history of mental illness; previous participation in cardiac rehabilitation programs. For this randomized controlled trial, 80 patients who met the inclusion criteria were recruited and randomly assigned to case and control groups. Data collection tools was demographic questionnaire, Beck Depression Inventory and Spielberger Anxiety Questionnaire. Depression was measured using Beck's Depression Inventory and anxiety was measured using Spielberger Anxiety Questionnaire at three points in time: on discharge from the hospital, immediately after the intervention, and 2 months after cardiac rehabilitation. After measuring anxiety and depression in both groups upon discharge, the experimental group participated in 8 cardiac rehabilitation sessions over a 4-week period. The control group received only the routine follow-up care. At the end of rehabilitation, anxiety and depression was measured in patients in both groups. In third stage (2 months after cardiac rehabilitation) again anxiety and depression was measured in patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203262812N8**

Registration date: **2012-03-31, 1391/01/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-03-31, 1391/01/12

Registrant information

Name

Farkhondeh Sharif

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 71 1212 2401

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fsharif@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2009-02-04, 1387/11/16

Expected recruitment end date

2009-09-10, 1388/06/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Cardiac Rehabilitation on Anxiety and Depression in Patients Undergoing Cardiac Bypass Graft Surgery in Iran

Public title

cardiac rehabilitation after Coronary Artery Bypass Graft Surgery

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria were: 40-70 years of age; an ejection

fraction ratio of over 40%; scheduled for Coronary Artery Bypass Graft Surgery by a cardiologist; ability to read; write; perform the exercises in the rehabilitation program and attend rehabilitation sessions. The exclusion criteria were: history of mental illness; previous participation in cardiac rehabilitation programs; death or recurrence of illness and hospitalization; disorder or disability that interfered with the patient's ability to do the rehabilitation exercises; history of cardiac surgery; urgent need for surgery; history of coronary artery bypass Surgery accompanied with other operations such as valve transplantation. taking major tranquilizer and anti-anxiety medications.

Age

From **40 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double 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

Shiraz University of Medical Sciences, Central building, Zand St.

City

Shiraz

Postal code**Approval date**

2008-11-21, 1387/09/01

Ethics committee reference number

CT88

Health conditions studied**1****Description of health condition studied**

Depression and Anxiety

ICD-10 code

F30 39 9

ICD-10 code description

mood(affective)disorder

Primary outcomes**1****Description**

Depression

Timepoint

immediately and two months after intervention

Method of measurement

Depression y Questionnaire

2**Description**

Anxiety

Timepoint

immediately and two months after intervention

Method of measurement

Anxiety Questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention Group participated in 8 cardiac rehabilitation sessions over a 4-week period (intervention1).

Category

Rehabilitation

2**Description**

Control Group received only the routine follow-up care (intervention 2).

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shiraz Mottahari Clinic

Full name of responsible person

Dr Farkhondeh Sharif

Street address

Zand street, Shiraz University of Medical Sciences,next to red crescent

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

DrGholamreza Hatam

Street address

Shiraz University of Medical Sciences,University Central Building,Zand street, beside red cross

City

Shiraz

Grant name

Grant code / Reference number

CT88

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

Yes

Title of funding source

Shiraz 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

Shiraz University of Medical Sciences,

Full name of responsible person

Farkhondeh Sharif

Position

Ph.D

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

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