Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Investigating the Effect of Elderly Caregiver's Education through Virtual Social Networks on Adherence to Treatment for People with Acute Coronary Heart Disease

Protocol summary

Study aim

Determining the Effectiveness of Elderly Caregiver's Education through Virtual Social Networks on Adherence to the Drug and Food Regimen for People with Acute Coronary Disease

Design

A clinical trial with a control group based on patients over 60 years of age who were diagnosed with acute coronary artery disease in the CCU department and interviewed by caregivers who had been inclusion criteria in the study. The sample size is 90 people who were randomly divided into intervention and control groups(each group 45 people) using simple random sampling. Study is a single-blind.

Settings and conduct

The elderly were admitted to the CCU section of Loghman Hakim Sarakhs Hospital, which had criteria for entering the study.Study is a single-blind of health care personnel (physicians, nurses) responsible for patient care, data collection authorities And those who evaluate the outcome.

Participants/Inclusion and exclusion criteria

1- caregiver has been a member of the family or relatives of the elderly 2- Caregivers aged have been between 18-60 years old. 3- caregiver has been Member of the social network of telegrams and familiar with how to use it.

Intervention groups

In the Intervention Group, Educational Messages on Diet, Drugs and Activities are sent to Caregivers through the Social Network of Telegrams. During the Week, 18 Messages (6 Follow-Up Messages for the Diet, 6 Nutrition Messages and 6 Sports Messages Sent). These Tutorials Included Text Messages and Short Video Tutorials and Videos that Were Sent to Caretakers through Telegram Software. After Each Week, a One-Day Training Session was devoted to Reviewing the Content. There was No Specific Intervention in the Control Group and the Caregiver Received the Routine Permanent Training of the Hospital.

Main outcome variables

adherence to diet regimens

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171118037524N2**
Registration date: **2018-07-08, 1397/04/17**
Registration timing: **retrospective**

Last update: **2018-07-08, 1397/04/17**
Update count: **0**

Registration date

2018-07-08, 1397/04/17

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34539208

Email address

nateghie94@medsab.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-10-27, 1396/08/05

Expected recruitment end date

2018-01-25, 1396/11/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the Effect of Elderly Caregiver's Education through Virtual Social Networks on Adherence to Treatment for People with Acute Coronary Heart Disease

Public title

Investigating the Effect of Elderly Caregiver's Education through Virtual Social Networks on Adherence to Treatment

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Member of the social network of telegrams and familiar with how to use it The definitive diagnosis of acute coronary heart disease is documented in the elderly medical records that they are caring for An elderly person under his or her care has not been diagnosed with cognitive impairment and depression and has not been treated to have an effective interaction with the elderly. Member of the social network of telegrams and familiar with how to use it Have literacy to read and write At least 18 years old and up to 60 years old

Exclusion criteria:

Unwillingness to continue caring or elderly involvement in research for any reason Eliminate elderly or caregiver for any reason (death, travel ...) Admission to the elderly or caregiver in the hospital

Age

From **18 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Care provider
- Outcome assessor
- Data analyser

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple Randomization Using Random Numbers Table

Blinding (investigator's opinion)

Single blinded

Blinding description

1- Health care personnel (doctors, nurses) who are responsible for the care of patients. 2. Data collection authorities 3. Those who evaluate the outcome

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Sabzevar University of Medical Sciences

Street address

Asad Abadi Street - Central Organization of Sabzevar Medical Sciences

City

Sabzevar

Province

Razavi Khorasan

Postal code

9613873136

Approval date

2017-04-12, 1396/01/23

Ethics committee reference number

IR.MEDSAB.REC.1395.134

Health conditions studied

1

Description of health condition studied

Acute coronary syndrome

ICD-10 code

I24.9

ICD-10 code description

Acute ischemic heart disease, unspecified

Primary outcomes

1

Description

Adherence to treatment

Timepoint

The beginning of the study (before the start of the training) and 6 weeks after the start of the training

Method of measurement

Adherence to treatment questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Educate the elderly carers by sending educational, nutritional, and therapeutic messages through the social network of the Telegram. During the week (from Saturday to Thursday, from 8 to

12 noon), 3 messages include dietary treatment, Nutrition and exercise status are sent. These tutorials included text messages and short video tutorials and videos that were sent to caretakers through telegram software. After each week, a one-day training session was devoted to reviewing the content. Training lasted for 6 weeks.

Category

Prevention

2

Description

Control group: Caregivers of elderly patients receive regular routine hospital education, including oral education pamphlets and nurses and their physician in the hospital.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Loghman Hakim Sarakhs Hospital

Full name of responsible person

Dr. Khadijeh Yekta Roodi

Street address

loghman Ave.

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Fax

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Roya Akbarzade

Street address

Pardis ave.

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mjafarzade4@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sabzevar University of Medical Sciences

Proportion provided by this source

70

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Bibi Sedighe Nateghi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Roya Akbarzade

Position

Faculty trainer

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity
Sabzevar University of Medical Sciences
Full name of responsible person
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable