

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jul 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.

**City**

Sarakhs

**Province**

Razavi Khorasan

**Postal code**

34528197

**Phone**

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**Email**

Mjafarzade4@gmail.com

**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.

**City**

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**Province**

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09906044744

**Phone**

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**Email**

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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Abotaleb Ave.

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elaheenateghi@gmail.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Sabzevar University of Medical Sciences

**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**

Sedighe Rastaghi

**Position**

Faculty trainer

**Latest degree**

Master

**Other areas of specialty/work**

Biostatistics

**Street address**

Pardis Ave.

**City**

Sabzevar

**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