

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Investigation the effect of cognitive-behavioral intervention on diet imitation in heart ischemic patients

Protocol summary

Study aim

Determining the Effect of Cognitive-Behavioral Intervention on the Diet of Cardiovascular Patients.

Design

Samples are selected according to entry research criteria. Then, by using randomization, the minimization method is based on the age and frequency of the feed frequency questionnaire in each of the two control groups. In this method, the first samples are randomly assigned to one of the groups, and for the subsequent samples to be collected in each of the group Attention is drawn and the sample is assigned to a group that has a smaller amount.

Settings and conduct

Patients admitted to the CCU ward of Ali Ebn Abi Talib (A) Hospital in Rafsanjan Cognitive-behavioral intervention adherence to the diet of patients is done in 4 sessions.

Participants/Inclusion and exclusion criteria

the participant satisfaction in the study. No history of mental disorders. Lack of patient participation in other research Earn less than 50 percent of the total score of the Questionnaire. Cardiovascular disease and diagnosis of ischemic heart disease.

Intervention groups

At first, the score of the questionnaire is determined by the frequency of patients' feed. The cause of the non-compliance of the patient's diet in the intervention group is determined. Cognitive-behavioral intervention is given to patients by using existing knowledge and face-to-face training There is no intervention in the control group

Main outcome variables

Average score diet food frequency questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171002036498N2**

Registration date: **2018-10-24, 1397/08/02**

Registration timing: **retrospective**

Last update: **2018-10-24, 1397/08/02**

Update count: **0**

Registration date

2018-10-24, 1397/08/02

Registrant information

Name

Ali Akbari

Name of organization / entity

Medical Sciences of Rafsanjan University

Country

Iran (Islamic Republic of)

Phone

+98 34 3425 5900

Email address

iccn@rums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-24, 1396/12/05

Expected recruitment end date

2018-09-27, 1397/07/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation the effect of cognitive-behavioral intervention on diet imitation in heart ischemic patients

Public title

Investigation the effect of cognitive-behavioral

intervention on diet imitation in heart ischemic patients

Purpose
Prevention

Inclusion/Exclusion criteria
Inclusion criteria:
Cardiovascular disease and diagnosis of ischemic heart disease. Earn less than 50 percent of the total score of the Frequency Questionnaire. Lack of patient participation in other research projects along with this plan No history of mental disorders. Satisfaction to participate in the study
Exclusion criteria:
Unwillingness to continue the plan.The patient's admission to the acute stages of the disease. Lack of access to patients for a one-month follow-up. Not attending a sample at a training session.

Age
No age limit

Gender
Both

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: 50

Randomization (investigator's opinion)
Randomized

Randomization description
Samples are selected based on entry criteria and available method Then, by using randomization, the classification based on the age and frequency of the frequency of the questionnaire on the frequency of food in each of the two groups

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 Rafsanjan University of Medical Sciences

Street address

Ali-ebn-abitaleb blvd.

City

Rafsanjan

Province

Kerman

Postal code

7718796755

Approval date

2018-04-21, 1397/02/01

Ethics committee reference number

IR.RUMS.REC.1397.024

Health conditions studied

1

Description of health condition studied

Diet

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Mean Score of Diet in the Frequency food Questionnaire

Timepoint

Determine the frequency of the feed frequency questionnaire before and after the intervention

Method of measurement

food frequency questionnaire

Secondary outcomes

1

Description

Modify the diet

Timepoint

before and after intervention

Method of measurement

Food Frequency Questionnaire

Intervention groups

1

Description

"Intervention group: heart ischemic patients receiving behavioral behavioral diet training received face-to-face."

Category

Behavior

2

Description

"Control group:heart Ischemic patients who did not receive any intervention."

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Ali-Ebn-Abitaleb hospital

Full name of responsible person

Khodadadi Ali

Street address

Emam Ali Blvd. Ali-Ebn-Abitalib Square

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7717937555

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Karimielham913@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Shamsizadeh Ali

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Medical Sciences University, Ali-Ebn-Abitaleb.Blvd.

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Rafsanjan University of Medical Sciences

Proportion provided by this source

100

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

Rafsanjan University of Medical Sciences

Full name of responsible person

KHodadadi Ali

Position

Academic instructor

Latest degree

Master

Other areas of specialty/work

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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

No - There is not 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

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available