

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Impact of awareness on Stress, Anxiety and Improvement of Cardiac Stress Test Performance in the Patients undergoing a Cardiovascular Diagnostic Test

Protocol summary

Study aim

This study aims at investigating the impact of awareness program on stress, anxiety and improving the performance of the cardiac stress test in the patients undergoing cardiovascular diagnostic test at Heshmat hospital's educational-therapeutic center of Rasht in 2017.

Design

The therapeutic approach and awareness program were applied to groups of three in the experimental. This study was performed on 34 patients undergoing the coronary artery cardiac stress test selected by the available sampling method.

Settings and conduct

intervention After visiting a cardiologist, it was determined whether a cardiac stress test is required for further examination in Cardiovascular Specialist Clinic of Dr Heshmat Hospital in Rasht. Blindness was not done.

Participants/Inclusion and exclusion criteria

34 patients undergoing the coronary artery cardiac stress test . including criteria: Possibility of heart disease diagnosed by a doctor, An age range of 40-60 years, A minimum of diploma education, Not taking psychiatric drugs for at least 6 months before entering the research, excluding criteria: Having a psychiatric disorder right now.

Intervention groups

Clarifications are done by informing the patients that the orientation sessions are held to help him/her carry the cardiac stress test therapeutic process.

Main outcome variables

stress and anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180312039057N1**

Registration date: **2018-05-28, 1397/03/07**

Registration timing: **retrospective**

Last update: **2018-05-28, 1397/03/07**

Update count: **0**

Registration date

2018-05-28, 1397/03/07

Registrant information

Name

leili abolghasemi

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-05-12, 1396/02/22

Expected recruitment end date

2017-10-07, 1396/07/15

Actual recruitment start date

2017-05-12, 1396/02/22

Actual recruitment end date

2017-10-07, 1396/07/15

Trial completion date

empty

Scientific title

Impact of awareness on Stress, Anxiety and Improvement of Cardiac Stress Test Performance in the

Patients undergoing a Cardiovascular Diagnostic Test

Public title
Impact of awareness Program on Stress, Anxiety and Improvement of Cardiac Stress Test Performance in the Patients undergoing a Cardiovascular Diagnostic Test

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
probable of heart disease diagnosed by a doctor An age range of 40-60 years A minimum of diploma education Not taking psychiatric drugs for at least 6 months before entering the research No history of prior cardiac stress test Consent of the patient for participating the research A weight under 85 kilograms
Exclusion criteria:
Having a psychiatric disorder right now

Age
From **40 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **34**
Actual sample size reached: **34**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
In this research, therapeutic methods in level of awareness training and lack of education (control group) are considered as the active independent variable and stress and anxiety variables are considered as dependent variables. The therapeutic approach and orientation program were applied to groups of three in the experimental. The intervention was done within one session.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Guilan University of Medical Sciences

Street address

University of Technology Research and Technology, Old Building, School of Health, Shahid Siadati St, Namjoo Ave, Rasht

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Postal code

55599-41939

Approval date

2017-05-02, 1396/02/12

Ethics committee reference number

IR.IAU.Rasht.REC.1395.75

Health conditions studied

1

Description of health condition studied

Cardiovascular disease

ICD-10 code

Z13.6

ICD-10 code description

Encounter for screening for cardiovascular disorders

Primary outcomes

1

Description

Stress, anxiety

Timepoint

the stress and anxiety questionnaires were distributed for both experimental and control groups during the two stages of after examining the heart and before doing the stress test.

Method of measurement

anxiety and stress questionnaire (Lovibond & Lovibond, 1995)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Clarifications are done by informing the patients that the awareness sessions are held to help him/her carry the cardiac stress test therapeutic process. Informing includes explanations on reason of carrying the stress test, benefits of cardiac stress test and its probable side-effects, introducing the cardiac stress test device and its components to the patients (treadmill and monitoring while performing) by informing, illustrating and simulating it with activities like walking and walking on a gym's treadmill to make the patient familiar with this device, getting the patient to know about the stages of stress test, how to stand on the treadmill, walk and take steps on it, informing the patient that he/she is

under continuous heart monitoring and blood pressure control during the cardiac stress test and asking to avoid eating about for 3-4 hours before the stress test.

Category

Other

2

Description

Control group: the stress and anxiety questionnaires were distributed for control groups during the two stages of after examining the heart and before doing the stress test. The control group did not receive intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Heshmat Educational- Therapeutic Center of Rasht

Full name of responsible person

Leili Abolghasemi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Rasht University of Medical Sciences

Proportion provided by this source

50

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

Islamic Azad University

Full name of responsible person

Leili Abolghasemi

Position

Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

Documentation will be published as a paper

When the data will become available and for how long

In the next 3-6 months

To whom data/document is available

University students and students and specialists

Under which criteria data/document could be used

In order to advance science and awareness

From where data/document is obtainable

Deputy of Research and Technology of Islamic Azad University of Rasht

What processes are involved for a request to access data/document

Writing a letter to the deputy of the relevant university research and requesting documentation

Comments