

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The effect of the theory-based educational intervention on nutritional behavior of patients with myocardial infarction

Protocol summary

Study aim

Determining the effect of educational intervention based on health belief model on nutritional behavior of patients with myocardial infarction

Design

A clinical trial with two intervention and control groups, a sample size based on previous studies of 86 patients and randomly.

Settings and conduct

The study entry was admitted to all of the patients referring to Heshmat Rasht Medical Education Center and Lahijan's 22th Aban hospital on the basis of having clinical symptoms and conducting cardiac tests and changing the electrocardiographic pathway of the diagnosis of cerebral infections and in the CCU department.

Participants/Inclusion and exclusion criteria

Entry Requirement: Patients with Myocardial Infarction
Non-compliance condition: 1. Problem remembering nutritional behavior due to self-reported nutritional behavior. Patients' dissatisfaction with attending classes
old age inability of patients to read and write

Intervention groups

The intervention was conducted in three sessions and during three weeks in the intervention group based on health belief model constructs and using educational materials (PowerPoint, video instruction, lecture and question and answer). Educational pamphlets and CD were given to patients. The control group received only traditional hospital education.

Main outcome variables

Nutritional Behavior and Status of Structures of the Health Belief Model

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20080825001087N11**

Registration date: **2018-08-25, 1397/06/03**

Registration timing: **retrospective**

Last update: **2018-08-25, 1397/06/03**

Update count: **0**

Registration date

2018-08-25, 1397/06/03

Registrant information

Name

Rabiollah Farmanbar

Name of organization / entity

Guilan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 13 1552 0149

Email address

farmanbar@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-01-08, 1395/10/19

Expected recruitment end date

2017-06-09, 1396/03/19

Actual recruitment start date

2017-02-07, 1395/11/19

Actual recruitment end date

2017-07-05, 1396/04/14

Trial completion date

empty

Scientific title

The effect of the theory-based educational intervention on nutritional behavior of patients with myocardial infarction

Public title

The effect of education on behavioral behavior in patients with myocardial infarction

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

All patients with myocardial infarction

Exclusion criteria:

Old age and inability of patients to read and write
Dissatisfaction of patients with attending classes

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **86**

Actual sample size reached: **86**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 on Biomedical Research, Science and Research Unit

Street address

University University of Science and Research,
Shaheed Sattari Highway, University of Mashhad-e-
Hesarak Blvd

City

Tehran

Province

Tehran

Postal code

1477893855

Approval date

2017-05-09, 1396/02/19

Ethics committee reference number

IR.IAU.SRB.REC.1396.32

Health conditions studied

1

Description of health condition studied

Nutritional Behavior of Patients with Myocardial Infarction

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

nutrition behavior of myocardial infarction patients

Timepoint

pre intervention and 1 month post intervention

Method of measurement

questionnaire

Secondary outcomes

1

Description

construct of health behavior model

Timepoint

pre intervention and 1 month post intervention

Method of measurement

construct of health behavior model questionnaire

Intervention groups

1

Description

In the intervention group, the training was conducted in three sessions and during three weeks, each session lasted about one hour. The intervention was conducted in the form of training classes, lectures, group discussions, and the delivery of educational pamphlets and printed materials to the patients.

Category

Behavior

2

Description

Control group: No intervention was conducted in the control group. Patients only received routine hospital training.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Heshmat Hospital.Rasht and 22 Aban, Lahijan

Full name of responsible person

Shahin Moghoul

Street address15 Khordad Avenue, Rasht-Imam Khomeini stree ,
Lahijan**City**

Rasht and Lahijan

Province

Guilan

Postal code

4193955588

Phone

+98 13 3366 9064

Fax

+98 13 3366 8718

Email

enasiri@gums.ac.ir

Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Shahin Maghoul

Street addressShahdai Hesarak Blvd.University Square.End of
Shahid Sattari Highway.Tehran**City**

Tehran

Province

Tehran

Postal code

1477893855

Phone

+98 21 4484 5147

Email

enasiri@gums.ac.ir

Grant name

0

Grant code / Reference number

0

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

Yes

Title of funding source

Islamic Azad University

Proportion provided by this source

100

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Other

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

Rasht University of Medical Sciences

Full name of responsible person

ShahinMaghoul

Position

nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Mashhad Square Rasht, Beginning

City

rasht

Province

Guilan

Postal code

4193955588

Phone

+98 13 3366 9065

Email

shmaghoul2011@yahoo.com

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

Islamic Azad University

Full name of responsible person

Zahra Jalili

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street addressTehran - End of Shahid Sattari Highway - University
Square - Shahdia Hesarak Blvd - Islamic Azad
University of Science and Research Branch**City**

Tehran

Province

Tehran

Postal code

1477893855

Phone

+98 214486517982

Email

Zahra.jalili@gmail.com

Person responsible for updating data**Contact****Name of organization / entity**

Islamic Azad University

Full name of responsible person

Zahra Jalili

Position

Faculty Member

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

End of Shahid Sattari Highway - University Square -
Shahdia Hesarak Blvd - Islamic Azad University of
Science and Research Branch

City

Tehran

Province

Tehran

Postal code

1477893855

Phone

+98 21 4486 5179

Email

Zahra.Jalili@gmail.com

Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

No more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available