

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 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 address**15 Khordad Avenue, Rasht-Imam Khomeini stree ,  
Lahijan**City**

Rasht and Lahijan

**Province**

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

Islamic Azad University

**Full name of responsible person**

Shahin Maghoul

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

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**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

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**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

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

Islamic Azad University

**Full name of responsible person**

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**Position**

Faculty Member

**Latest degree**

Ph.D.

**Other areas of specialty/work**

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**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