Clinical Trial Protocol
Iranian Registry of Clinical Trials

26 Jul 2026

Effect of nursing counseling on self-efficacy of patients with acute coronary syndrome

Protocol summary

Study aim
Determining the Effect of nursing counseling on self-efficacy of patients with acute coronary syndrome

Design
Clinical trial with control group with parallel groups, without blindness, randomized

Settings and conduct
In this study, 120 patients with acute coronary syndrome admitted to the coronary Care Unit of Imam Hossein Hospital in Shahroud will be selected based on the criteria of the researcher and will be randomized in the intervention and control group. Nursing counseling will be conducted for the intervention group.

Participants/Inclusion and exclusion criteria
Entry criteria: The patient's presence on the third day in the hospital (the day the consultation process starts in the hospital), Earn less than 32 scores from Sullivan self-efficacy questionnaire (Self-efficacy Scherer), Patients with acute coronary syndrome (unstable angina, myocardial infarction) 35-70 years old, Ability to speak and understand Persian language Exit criteria: Unwillingness to continue cooperation in the study, Creating complications such as: cardiopulmonary arrest, resistant ventricular arrhythmia, cardiogenic shock following illness, death

Intervention groups
In the first stage, the patient will be trained face to face bout: the definition of acute coronary syndrome, the risk factors and symptoms of heart disease, the effect of disease on work and life and sexual relations and social activities, diet and drugs, and complications of non-compliance, in 20 minutes. In the next step, one week after the intervention, a telephone consultation will take place for 10 minutes and will be questioned about the treatment and use of medications, diet and self-care. In the final stage, three weeks after the first training, a 10-minute telephone consultation will be carried out on follow-up care at home and adherence to the medication.

Main outcome variables
Self-efficacy of patient

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20100114003064N9**
Registration date: **2018-06-25, 1397/04/04**
Registration timing: **registered_while_recruiting**

Last update: **2018-06-25, 1397/04/04**
Update count: **0**

Registration date
2018-06-25, 1397/04/04

Registrant information

Name
Hossein Bagheri

Name of organization / entity
Shahroud University of Medical Sciences

Country
Iran (Islamic Republic of)

Phone
+98 23 3239 5054

Email address
bagheri@shmu.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-06-22, 1397/04/01

Expected recruitment end date
2018-12-21, 1397/09/30

Actual recruitment start date
2018-06-22, 1397/04/01

Actual recruitment end date
2018-12-21, 1397/09/30

Trial completion date
empty

Scientific title
Effect of nursing counseling on self-efficacy of patients with acute coronary syndrome

Public title
Nursing counseling and self-efficacy of patients with acute coronary syndrome

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:
The patient's presence on the third day in the hospital (the day the consultation process starts in the hospital) Earn less than 32 scores from Sullivan self-efficacy questionnaire (Self-efficacy Scherer) Patients with acute coronary syndrome (unstable angina, myocardial infarction) 35-70 years old Ability to speak and understand Persian language

Exclusion criteria:
Unwillingness to continue cooperation in the study Creating complications such as: cardiopulmonary arrest, resistant ventricular arrhythmia, cardiogenic shock following illness, death

Age
From **35 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **120**

Randomization (investigator's opinion)
Randomized

Randomization description
Patients will be divided into two groups by block of 4: A (nursing counseling) and B (control group). The allocation will be done concealment. In this way, there will be 70 envelopes, each with A and B codes. The envelopes will be numbered. Individuals will be coded according to their entry into the study, and will be allocated an envelope for each patient to the group

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 Shahroud University of Medical Sciences

Street address
Hafte-Tir square

City
Shahroud

Province
Semnan

Postal code
3614773955

Approval date
2018-05-30, 1397/03/09

Ethics committee reference number
ir.shmu.rec.1396.202

Health conditions studied

1

Description of health condition studied
Acute coronary syndrome

ICD-10 code
I25.9

ICD-10 code description
Chronic ischaemic heart disease, unspecified

Primary outcomes

1

Description
Self-efficacy score in Sullivan self-efficacy questionnaire in people with scores of less than 32

Timepoint
Self-efficacy measurement as soon as the patient's condition improves before the intervention begins and one month after the intervention

Method of measurement
Sullivan self-efficacy questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In the first stage, the patient will be trained face to face bout: the definition of acute coronary syndrome, the risk factors and symptoms of heart disease, the effect of disease on work and life and sexual relations and social activities, diet and drugs, and complications of non-compliance, in 20 minutes. In the next step, one week after the intervention, a telephone consultation will take place for 10 minutes and will be questioned about the treatment and use of medications,

diet and self-care. In the final stage, three weeks after the first training, a 10-minute telephone consultation will be carried out on follow-up care at home and adherence to the medication.

Category

Prevention

2

Description

Control group: The control group will not receive intervention and will only receive routine care and care at the hospital and discharge time.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Hossein Hospital

Full name of responsible person

Dr. Hoseein Bagheri

Street address

28-meter Touhidi, Imam Khomeini Street

City

Shahroud

Province

Semnan

Postal code

3614773955

Phone

+98 23 3234 2000

Email

bagheri@shmu.ac.ir

Web page address

http://eh.shmu.ac.ir/home.html

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Dr. Mohammad-Hassan Emamian

Street address

Haft Tir Square

City

Shahroud

Province

Semnan

Postal code

6314773955

Phone

+98 23 3239 5054

Email

emamian@shmu.ac.ir

Web page address

http://research.shmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahroud 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

Shahroud University of Medical Sciences

Full name of responsible person

Dr. Hossein Bagheri

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Hafte-Tir square

City

Shahroud

Province

Semnan

Postal code

6314773955

Phone

+98 23 3239 5054

Email

bagheri@shmu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Dr. Hossein bagheri

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Hafte-Tir Square

City
Shahrood
Province
Semnan
Postal code
3617753917
Phone
+98 232332395054
Email
bagheri@shmu.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Shahroud University of Medical Sciences
Full name of responsible person
Dr. Hossein Bagheri
Position
Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Hafte-Tir Square
City
Shahroud
Province
Semnan
Postal code
36147753917
Phone
+98 23 3239 5054
Email
bagheri@shmu.ac.ir

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
There is 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