Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparative investigating the effect of relaxation and meditation techniques on quality of life in patients with coronary artery disease referred to the outpatient clinic

Protocol summary

Study aim
Comparison the effect of relaxation and meditation techniques on quality of life in patients with coronary artery disease

Design
Randomized, parallel group clinical trial

Settings and conduct
Study population are patients with coronary artery disease referred to outpatient clinics of Rafsanjan University of Medical Sciences. Sample size estimated 100 based on previous studies. Samples will allocated two groups of relaxation and meditation using random number table. Exercises will educated to patients by researcher. In relaxation group, patients undergo relaxation exercises twice a day (morning and night), each time for 15 minutes. In meditation group, patients undergo meditation exercises twice a day (morning and night), each time for 15 minutes.

Participants/Inclusion and exclusion criteria
Diagnosis of coronary artery disease (based on angiography), complete consciousness, history of admission to the CCU, ability to understand and speak persian and informed consent for participate in the study are inclusion criteria. History of mental illness, using of psychiatric drugs and heart failure in the last 6 weeks are exclusion criteria.

Intervention groups
Relaxation group: In this group, patients undergo relaxation exercises twice a day (morning and night), each time for 15 minutes. Meditation group: In this group, patients undergo meditation exercises twice a day (morning and night), each time for 15 minutes.

Main outcome variables
Quality of Life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20150519022320N14**
Registration date: **2018-10-28, 1397/08/06**
Registration timing: **registered_while_recruiting**

Last update: **2018-10-28, 1397/08/06**
Update count: **0**

Registration date
2018-10-28, 1397/08/06

Registrant information

Name
Tayebeh Mirzaei

Name of organization / entity
Rafsanjan University of Medical Sciences

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-10-23, 1397/08/01

Expected recruitment end date
2019-01-20, 1397/10/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
Comparative investigating the effect of relaxation and meditation techniques on quality of life in patients with coronary artery disease referred to the outpatient clinic

Public title
Comparative investigating the effect of relaxation and meditation techniques on quality of life in patients with coronary artery disease

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Diagnosis of coronary artery disease (based on angiography) Complete consciousness History of admission to the CCU. Ability to understand and speak Persian Informed consent for participate in study

Exclusion criteria:
History of mental illness History of using psychiatric drugs Heart failure in the last 6 weeks

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization based on random number table: In this method, first a list of patients will provide based on inclusion and exclusion criteria, then patients are divided into two groups of relaxation and meditation using random number table.

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
Imam Ali Blvd

City
Rafsanjan

Province
Kerman

Postal code
7717933777

Approval date
2018-06-27, 1397/04/06

Ethics committee reference number
IR.RUMS.REC.1397.071

Health conditions studied

1

Description of health condition studied
Coronary artery disease

ICD-10 code
I25

ICD-10 code description
Chronic ischemic heart disease

Primary outcomes

1

Description
Mean score of quality of life

Timepoint
Before the intervention, one month after the intervention, two months after the intervention

Method of measurement
Minnesota quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Relaxation : In this group, patients undergo relaxation exercises twice a day (morning and night), each time for 15 minutes.

Category
Lifestyle

2

Description
Meditation: In this group, patients undergo meditation exercises twice a day (morning and night), each time for 15 minutes.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Heart clinic

Full name of responsible person
Mahboobeh Kafizadeh

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Parastar Ave

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Rafsanjan University of Medical Sciences

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
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
Ali Ravari

Position
Associate Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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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
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable