

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jul 2026

### Scrutiny Effects of peer education on self-care and quality of life in patients with myocardial infarction

#### Protocol summary

##### Study aim

Scrutiny Effects of peer education on self-care and quality of life in patients with myocardial infarction

##### Design

The research community consisted of all stroke patients who refer to Imam hosein Hospital of shahroud city. They are 60 person . In the present study, the initial available sampling method (easy) and allocation of subjects into two groups of interaction and control by random sampling will be conducted. In the peer education group at first three people who were selected as peer will be under three, two-hour training sessions which were about the basics of the research aims, concepts, importance and benefits of peer training, communication skills, anxiety reduction strategies, heart self-efficacy, the amount of physical activity, control of shortness of breath, diet, etc. After preparing peers, they also will train patients with myocardial infarction in the presence and supervision of the researcher three days after the stroke.. Then the patients self-care and quality questionnaire , three days (before intervention) , four weeks (after the intervention) after the stroke in both groups.

##### Settings and conduct

Imam hosein hospital shahroud

##### Participants/Inclusion and exclusion criteria

first myocardial infarction diagnosed based on the World Health Organization diagnostic program lack of psychological disorders; Physical disability and medical education or related education aged between 60-30 years having the ability to speak in Persian willingness to participate in research

##### Intervention groups

Intervention group: In the peer education group at first too people who were selected as peer will be under three, two-hour training sessions. . After preparing peers, they also will train patients in the presence and supervision of the researcher three days after the stroke and During 2 one-hour sessions with an interval of one

hour

##### Main outcome variables

self-care ; quality of life

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180711040432N1**

Registration date: **2018-07-17, 1397/04/26**

Registration timing: **prospective**

Last update: **2018-07-17, 1397/04/26**

Update count: **0**

##### Registration date

2018-07-17, 1397/04/26

##### Registrant information

##### Name

Reza Mohammadpourhodki

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 5542 4875

##### Email address

rezamdpour@shmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-07-22, 1397/04/31

##### Expected recruitment end date

2018-10-22, 1397/07/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**  
empty

**Scientific title**  
Scrutiny Effects of peer education on self-care and quality of life in patients with myocardial infarction

**Public title**  
Scrutiny Effects of peer education on self-care and quality of life in patients with myocardial infarction

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
first myocardial infarction diagnosed based on the World Health Organization diagnostic program lack of psychological disorders; Physical disability and medical education or related education aged between 60-30 years having the ability to speak in Persian willingness to participate in research  
**Exclusion criteria:**

**Age**  
From **30 years** old to **60 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **60**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Random assignment of the two groups under study is done by block random allocation with spss software

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Other

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**  
**Name of ethics committee**  
Shahroud University of Medical Sciences  
**Street address**  
Tehran street  
**City**  
Shahroud  
**Province**

Semnan  
**Postal code**  
3614773947  
**Approval date**  
2018-06-01, 1397/03/11  
**Ethics committee reference number**  
IR.SHMU.REC.1397.067

## Health conditions studied

### 1

**Description of health condition studied**  
Myocardial infarction  
**ICD-10 code**  
I21.2  
**ICD-10 code description**  
Acute transmural myocardial infarction of other sites

## Primary outcomes

### 1

**Description**  
self-care  
**Timepoint**  
before intervention and four weeks after intervention  
**Method of measurement**  
questionnaire

### 2

**Description**  
quality of life  
**Timepoint**  
before intervention and four weeks after intervention  
**Method of measurement**  
questionnaire

## Secondary outcomes

### 1

**Description**  
History myocardial infarction  
**Timepoint**  
قبل از مداخله  
**Method of measurement**  
Medical document

## Intervention groups

### 1

**Description**  
Intervention group: In the peer education group at first too people who were selected as peer will be under three, two-hour training sessions which were about the basics of the research aims, concepts, importance and benefits of peer training, communication skills, anxiety reduction strategies, heart self-efficacy, the amount of

physical activity, control of shortness of breath, diet, etc. At the end the peers will share their experience together in these fields and will practice the role of education with three patients discharging. After preparing peers, they also will train patients in the presence and supervision of the researcher three days after the stroke and During 2 one-hour sessions with an interval of one hour

#### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Imam hosein hospital shahroud

##### Full name of responsible person

Reza Mohammadpourhodki

##### Street address

Tehran Street

##### City

shahroud

##### Province

Semnan

##### Postal code

3614773947

##### Phone

+98 23 3239 5054

##### Email

rezamdpoor@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shahroud University of Medical Sciences

##### Full name of responsible person

Reza Mohammadpourhodki

##### Street address

Tehran street

##### City

Shahroud

##### Province

Semnan

##### Postal code

3614773947

##### Phone

+98 23 3239 5054

##### Email

rezamdpoor@gmail.com

##### 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

Mashhad University of Medical Sciences

##### Full name of responsible person

Reza Mohammadpourhodki

##### Position

Shahroud University of Medical Sciences

##### Latest degree

Master

##### Other areas of specialty/work

Nursery

##### Street address

Tehran street

##### City

Shahroud

##### Province

Semnan

##### Postal code

3614773947

##### Phone

+98 23 3239 5054

##### Email

rezamdpoor@gmail.com

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Shahroud University of Medical Sciences

##### Full name of responsible person

Ali Abasi

##### Position

, Shahroud University of Medical Sciences

##### Latest degree

Master

##### Other areas of specialty/work

Nursery

##### Street address

, Shahroud University of Medical Sciences

##### City

shahroud

##### Province

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3614773947

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+98 23 3239 5054

##### Email

abbasi\_msn@yahoo.com

## Person responsible for updating data

### Contact

**Name of organization / entity**

Shahroud University of Medical Sciences

**Full name of responsible person**

Reza Mohammadpourhodki

**Position**

Shahroud University of Medical Sciences

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

**Street address**

street tehran

**City**

shahroud

**Province**

Semnan

**Postal code**

3614773947

**Phone**

+98 23 3239 5054

**Email**

rezamdpoor@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**

اطلاعات بیشتری وجود ندارد

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be 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