

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 shahrud 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 shahrud

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

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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

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

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahroud University of Medical Sciences

Full name of responsible person

Ali Abasi

Position

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Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Shahroud University of Medical Sciences

Latest degree

Master

Other areas of specialty/work

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Phone

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Email

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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

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