

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

The effect of family-centered interactive education through internal social network on lifestyle and happiness in patients with acute coronary syndrome in hospitals affiliated to Shahid Sadooghi University of Medical Sciences in Yazd in 2018-19

Protocol summary

Study aim

The effect of family-centered interactive education through internal social network on lifestyle and happiness in patients with acute coronary syndrome in hospitals of Yazd university of medical sciences in 2018.

Design

A clinical trial, the research community is ACS patients referring to the in hospitals of Yazd University of Medical Sciences in 2018-19. the research sample is 96 patients who are divided in to control and intervention groups patients.

Settings and conduct

The researcher is referring to the in hospitals of Yazd University of Medical Sciences. Available samples are selected according to inclusion and exclusion criteria.

Participants/Inclusion and exclusion criteria

The inclusion criteria for patient :diagnosis of ACS by a cardiologist,>21 years of age, having access to a personal or family mobile phone, being able to read and write and being familiar with Farsi. The inclusion criteria for patient's family :having access to a third person who can type and read the text messages for them and being able to do the daily activities, having access to a personal or family mobile phone, being familiar with Farsi. The exclusion criteria for patient :changing their mobile phone number and not informing the researcher, having any recognized mental illness or intellectual disabilities and motor, encountering physical and mental problems resulting in disability at any stage of the research. The exclusion criteria for patient's family: Disability and old age, Unfamiliar with the Persian language in reading and writing, The lack of a proper relationship with the patient.

Intervention groups

1-Intervention group: education through internal social network. 2-Control group: Receive routine nursing care during discharge.

Main outcome variables

Lifestyle, happiness.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160914029817N7**

Registration date: **2018-12-17, 1397/09/26**

Registration timing: **registered_while_recruiting**

Last update: **2018-12-17, 1397/09/26**

Update count: **0**

Registration date

2018-12-17, 1397/09/26

Registrant information

Name

Esmat Nuhi

Name of organization / entity

Kerman University of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5220

Email address

e_nuhi@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-06, 1397/09/15

Expected recruitment end date

2019-03-06, 1397/12/15

Primary outcomes

1

Description

Lifestyle

Timepoint

Before and three months after intervention

Method of measurement

Walker Life Style questionnaire

2

Description

Happiness

Timepoint

Before and three months after intervention

Method of measurement

Oxford Happiness questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 96 patients simple randomly divided into control and intervention group. First, Walker's Life Style and Oxford Happiness questionnaire will be completed. In addition to receiving routine training during discharge, is sent to a group's internal social network and textual and visual messages.

Category

Lifestyle

2

Description

control group :The control group only receives routine training during discharge.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Afshar hospital

Full name of responsible person

Fahimeh Shojae Far

Street address

Jomhori Blvd, Afshar hospital

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8917945556

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Dr.Abbas Pardakhty

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Compus University of Medical Sciences rdens Alavi, Research Management, St.Ibn Sina, Tahmasebabad Crossroads

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Phone

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Fax

+98 34 3226 3857

Email

abpardakhty@kmu.ac.ir

Web page address

htt://vcrt.kmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman 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

Kerman University of Medical Sciences

Full name of responsible person

Fahimeh Shojae Far

Position

Master of Medical Surgery Student

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

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

Title and more details about the data/document

patient with acute coronary syndrome

When the data will become available and for how long

starting 9 months after publication

To whom data/document is available

available for people working in academic institutions

Under which criteria data/document could be used

nursing student and professors

From where data/document is obtainable

email addresses

What processes are involved for a request to access data/document

At least two weeks

Comments