

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The effect of self-management program based on 5A model on quality of life and self efficacy among patients with myocardial infarction

Protocol summary

Study aim

Determination of the effect of self-management program based on 5A model on quality of life and self efficacy among patients with myocardial infarction

Design

This clinical trial has two groups, The groups are parallel, randomized and sample size in each group is 47.

Settings and conduct

As mentioned study population are people with myocardial infarction that selected by simple sampling. The place of intervention is Kashani and Hajar hospitals of Shahrekord. Sample size in each group is 47. The intervention group receives an educational program based on the 5A model and In 5 steps and the control group receives routine care.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Suffering from myocardial infarction. No history of myocardial infarction. Willingness to cooperate in the study. Ability to communicate. Lack of mental disorders and mental retardation Non-inclusion criterion: Unwilling to participate in the study. Inability to implement the training program

Intervention groups

The study consists of two groups. The intervention group receives an educational program based on the 5A model and the control group receives routine care.

Main outcome variables

Improve lifestyle; Familiarity with cardiac function and risk factors for the heart; Adherence to controllable factors in the prevention of myocardial infarction

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181024041449N3**

Registration date: **2018-12-23, 1397/10/02**

Registration timing: **registered_while_recruiting**

Last update: **2018-12-23, 1397/10/02**

Update count: **0**

Registration date

2018-12-23, 1397/10/02

Registrant information

Name

ali hassanpourdehkordi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 38 3334 6720

Email address

alihassanpourdehkordi@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-22, 1397/09/01

Expected recruitment end date

2019-11-22, 1398/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of self-management program based on 5A model on quality of life and self efficacy among patients with myocardial infarction

Public title

The effect of 5A model on patients with myocardial infarction

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Suffering from myocardial infarction
No history of myocardial infarction
Willingness to cooperate in the study
Ability to communicate
Lack of mental disorders and mental retardation

Exclusion criteria:

Unwilling to participate in the study
Inability to implement the training program

Age

From **35 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **94**

Randomization (investigator's opinion)

Randomized

Randomization description

Randomization is done by blocking method. Blocks will be divided into two groups of intervention and control. Entrance to the blocks was based on age (4 age groups) and sex, eight blocks of the intervention group and eight blocks of the control group that gradually samples enter the study based on Characteristics Considered for blocks.

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 Shahrkord University Of Medical Sciences

Street address

University Of Medical Sciences, Rahmatie, Shahrkord Town.

City

Shahrekor

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8815713471

Approval date

2018-09-27, 1397/07/05

Ethics committee reference number

IR.SKUMS.REC.1397.155

Health conditions studied**1****Description of health condition studied**

Acute Myocardial Infarction

ICD-10 code

I21.9

ICD-10 code description

Acute myocardial infarction, unspecified

Primary outcomes**1****Description**

Self efficacy

Timepoint

At the beginning of the study and 3 month after the intervention

Method of measurement

Sullivan questionnaire

2**Description**

Quality of Life

Timepoint

At the beginning of the study and 3 month after the intervention

Method of measurement

Ferans and Pavers Inventory

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: For the intervention group, the self-management program based on the 5A model implementing in 5 steps. The 5 steps include assess, advise, agree, assist and arrange. The first 3 stages are individually and the 4th stage will be held in groups of 5 and will be held for 30 to 45 minutes. The follow up phase is done by in-person or calling.

Category

Treatment - Other

2**Description**

Control group: the control group receive treatment and routine care through visiting by his doctor's at office.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashani hospital

Full name of responsible person

Ali Hassanpour Dehkordi

Street address

ayatollah kashani hospital, nurse ave

City

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Province

Chahar-Mahal-va-Bakhtiari

Postal code

8816758915

Phone

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Email

Kashani@skums.ac.ir

Web page address

http://sapp.ir/kashani_hospital_sh

2

Recruitment center

Name of recruitment center

Hajar hospital

Full name of responsible person

Ali Hassanpour Dehkordi

Street address

Hajar hospital, nurse ave

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Email

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Web page address

<https://hajarhp.skums.ac.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahre-kord University of Medical Sciences

Full name of responsible person

dr kamal solati

Street address

Shahrekord University Of Medical Sciences, Rahmatie,
Shahrkord.

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Email

kamal_solati@yahoo.com

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Shahre-kord 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

Shahre-kord University of Medical Sciences

Full name of responsible person

Ali Hassanpour Dehkordi

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahre-kord University of Medical Sciences

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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

No - There is not 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