

# 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**

Shahrekord

**Province**

Chahar-Mahal-va-Bakhtiari

**Postal code**

8816758915

**Phone**

+98 38 3226 4826

**Email**

Kashani@skums.ac.ir

**Web page address**

[http://sapp.ir/kashani\\_hospital\\_sh](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

**City**

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**Phone**

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**Email**

hajar@skums.ac.ir

**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.

**City**

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**Province**

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**Phone**

+98 38 3333 0061

**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

**Full name of responsible person**

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**Position**

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**Latest degree**

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Nursery

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**Person responsible for updating data****Contact****Name of organization / entity**

Shahre-kord University of Medical Sciences

**Full name of responsible person**

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**Position**

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**Latest degree**

Ph.D.

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**Email**

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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