Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of educational intervention based on health promotion model on nutritional behaviors of patients with acute coronary syndrome

Protocol summary

Study aim

Comparison of nutritional behaviors in two groups of testing and control before and after intervention , comparison of perceived self - efficacy in the two groups , comparing the interests and perceived obstacles perceived in healthy eating behaviors in two groups , Comparison of sentiment related to healthy eating behaviors in two groups , compared to the situation of healthy eating behaviors in two groups , compared to the level of commitment to healthy eating behaviors in two groups , comparison of the commitment to healthy eating behaviors in two groups , comparing the previous related behavior in two groups .

Design

Clinical trials with control groupcommunity oriented and pragmatic with parallel random groups

Settings and conduct

The four - minute training sessions two sessions per week will be onsidered for the test group . the control group also receivesTraining is performed at Imam and Golestan Hospital .

Participants/Inclusion and exclusion criteria

Medical diagnosis recording of acute coronary unknown sandrom mplications arising from coronary artery disease such as acute lung failure and congestive heart failure The ability to participate in training sessions Having read and rite literacy Ahvaz settlement Adult patients with acute coronary artery syndrome and heart are released from the CCU and emergency departments of Imam Khomeini 's hospitals andGolestan

Intervention groups

The four - minute training sessions two sessions per week will be onsidered for the test group . the control group also receives

Main outcome variables

keywords education health promotion model nutritional behavior training program heart disease

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190108042298N1**
Registration date: **2019-02-28, 1397/12/09**
Registration timing: **registered_while_recruiting**

Last update: **2019-02-28, 1397/12/09**
Update count: **0**

Registration date

2019-02-28, 1397/12/09

Registrant information

Name

marzieh shafiei

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3373 8394

Email address

shafiei.m@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-26, 1397/11/06

Expected recruitment end date

2019-04-26, 1398/02/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on health promotion model on nutritional behaviors of patients with acute coronary syndrome

Public title

The effect of educational intervention based on health promotion model on nutritional behaviors of patients with acute coronary syndrome

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Medical diagnosis recording of acute coronary unknown complications arising from coronary artery disease such as acute lung failure and congestive heart failure The ability to participate in training sessions Having read and write literacy Adult patients with acute coronary artery syndrome and heart انفارکتوس are released from the CCU and emergency departments of Imam Khomeini 's hospitals andGolestan Ahvaz settlement

Exclusion criteria:

affection complications such as acute and intense chest pain , uncontrolled arrhythmia s acute lung failure and congestive heart failure during the study . Lack of participation in more than one training session

Age

No age limit

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **140**

More than 1 sample in each individual

Number of samples in each individual: **70**

The patients with acute coronary artery Syndrome are released from qualified heart and emergency medical wards to the number of 140 patients , and are driven by the method of the random permutation blocks with the size of Block 4 to the two groups of intervention and control control groups .

Randomization (investigator's opinion)

Randomized

Randomization description

according to the permutation block method , which is the size of block 4

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 Ahvaz University of Medical Sciences

Street address

Golestan University of Medical Sciences of Nursing School

City

Ahvaz

Province

Khouzestan

Postal code

6373135981

Approval date

2018-07-20, 1397/04/29

Ethics committee reference number

IR.AJUMS.REC.1397.747

2

Ethics committee

Name of ethics committee

Ethics Committee of Ahwaz University of Medical Sciences

Street address

Golestan Highway, Ahvaz University of Medical Sciences, Faculty of Nursing and Midwifery

City

AHWAZ

Province

Khouzestan

Postal code

6373135981

Approval date

2019-01-04, 1397/10/14

Ethics committee reference number

IR.AJUMS.REC.1397.747

Health conditions studied

1

Description of health condition studied

patients with acute coronary artery syndromes

ICD-10 code

I25.0

ICD-10 code description

Atherosclerotic cardiovascular disease, so described

Primary outcomes

1

Description

Perceived self-efficacy

Timepoint

Three months after the intervention

Method of measurement

questionnaire

2

Description
Perceived benefits
Timepoint
Three months after the intervention
Method of measurement
questionnaire

3

Description
Perceived barriers
Timepoint
Three months after the intervention
Method of measurement
questionnaire

Secondary outcomes

1

Description
Economic situation
Timepoint
quarter
Method of measurement
questionnaire

Intervention groups

1

Description
Intervention group: 4 45-minute training sessions in the form of face-to-face training, lectures, presentation of video tutorials, education on the promotion of lifestyle and nutrition in patients with heart disease and coronary syndrome.
Category
Lifestyle

2

Description
Control group: Routine Clinic Training
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Khomeini hospitals , Gulistan
Full name of responsible person
Mahin Gheibizadeh
Street address
Golestan College of Nursing and Midwifery
City
AHWAZ
Province
Khouzestan
Postal code
6373135981
Phone
+98 61 5262 1220
Email
shafiei.m@ajums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Mohammad Badawi
Street address
Golestan College of Nursing and Midwifery
City
Ahvaz
Province
Khouzestan
Postal code
6373135981
Phone
+98 61 5262 1220
Email
shafiei.m@ajums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz 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
Ahvaz University of Medical Sciences
Full name of responsible person
Mahin Gheibizadeh
Position
Consultant
Latest degree
Ph.D.

Other areas of specialty/work
Nursery
Street address
Golestan College of Nursing
City
Ahvaz
Province
Khouzestan
Postal code
6373135981
Phone
+98 61 5262 1220
Email
Gheibizadeh-m@ajums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Mahin Gheibizadeh
Position
Consultant
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Golestan University of Medical Sciences Ahvaz College of Nursing and Nursing
City
Ahvaz
Province
Khouzestan
Postal code
6373135981
Phone
+98 61 5262 1220
Email
shafiei.m@ajums.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Mahin Gheibizadeh
Position
Consultant
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Golestan University of Medical Sciences Ahvaz College of Nursing and Nursing
City
Ahvaz
Province
Khouzestan
Postal code
6373135981
Phone
+98 61 5262 1220
Email
shafiei.m@ajums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
The total of the potential data is beyond the unstoppable of individuals .
When the data will become available and for how long
Starting accession period 6 months after the results are published
To whom data/document is available
Data will be available only for practitioners working in academic and academic institutions
Under which criteria data/document could be used
Use in scientific researchshafiei79@
From where data/document is obtainable
shafiei79@gmail.com
What processes are involved for a request to access data/document
Send e - mail immediately after receiving e - mail
Comments