

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jul 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 group community oriented and pragmatic with parallel random groups

Settings and conduct

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

Participants/Inclusion and exclusion criteria

Medical diagnosis recording of acute coronary unknown syndrome 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 Ahvaz settlement Adult patients with acute coronary artery syndrome and heart are released from the CCU and emergency departments of Imam Khomeini 's hospitals and Golestan

Intervention groups

The four - minute training sessions two sessions per week will be considered 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 انفاركتوس are released from the CCU and emergency departments of Imam Khomeini 's hospitals and Golestan 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 Ahvaz 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