

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

Evaluation of the effect of peer education on the quality of sexual life in patients with myocardial infarction

Protocol summary

Study aim

The evaluation of the effect of peer education on the quality of sexual life in patients with myocardial infarction

Design

In this study, 60 patients with myocardial infarction fulfilling the inclusion criteria will be selected by accessible sampling and randomly allocated to either intervention or control group.

Settings and conduct

Protocol: In the peer education group and after preparation of peers, they will educate the patients with myocardial infarction on the supervision of the researcher at three days after the stroke. In the control group, the patients will receive routine training. The recruitment center: Imam Hossein hospital of Shahroud city

Participants/Inclusion and exclusion criteria

Newly diagnosed with myocardial infarction based on the World Health Organization diagnostic criteria. Having no psychological disorders, physical disability and medical or related education. Age of 30-60 years old and the ability to speak Persian. Willingness to participate in the research.

Intervention groups

In the intervention group and after preparation of peers, they will educate the patients in two one-hour sessions presented one-hour apart from each other on the supervision of the researcher at three days after stroke. In the control group, the patients will receive the routine education.

Main outcome variables

The quality of sexual life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180711040432N3**

Registration date: **2019-06-18, 1398/03/28**

Registration timing: **retrospective**

Last update: **2019-06-18, 1398/03/28**

Update count: **0**

Registration date

2019-06-18, 1398/03/28

Registrant information

Name

Reza Mohammadpourhodki

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5542 4875

Email address

rezamdpour@shmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-10, 1397/12/19

Expected recruitment end date

2019-04-24, 1398/02/04

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of peer education on the quality of sexual life in patients with myocardial infarction

Public title

Evaluation of the effect of peer education on the quality

of sexual life in patients with myocardial infarction

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Newly diagnosed with myocardial infarction based on the World Health Organization diagnostic criteria Having no psychological disorders, physical disability, and medical or related education Age of 30-60 years old Ability to speak Persian Willingness to participate in the research

Exclusion criteria:

Age
From **30 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Random allocation to the two study groups is performed through block random allocation using spss software

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
Shahroud University of Medical Sciences

Street address
Tehran street

City
Shahroud

Province
Semnan

Postal code
3614773947

Approval date
2019-02-24, 1397/12/05

Ethics committee reference number
IR.SHMU.REC.1397.197

Health conditions studied

1

Description of health condition studied

Myocardial infarction

ICD-10 code

I21.21

ICD-10 code description

ST elevation (STEMI) myocardial infarction involving left circumflex coronary artery

Primary outcomes

1

Description

The quality of sexual life

Timepoint

Before intervention and four weeks after intervention

Method of measurement

The questionnaire of the quality of sexual life

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the peer education group, two selected peers will initially be educated about the basics of the research, concepts, importance and benefits of peer training, communication skills, anxiety reduction strategies, heart self-efficacy, physical activity, controlling of breath shortness, diet, etc through three educational sessions each lasting two-hours. At the end, the peers will share their experiences and role as educators for three patients to be discharged. The training sessions will be performed as two one-hour sessions aparted one hour from each other on the supervision of the researcher.

Category

Lifestyle

2

Description

Control group: The control group will receive routine hospital-based educations including a pamphlet providing information about myocardial infarction.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

The Imam Hosein hospital of shahroud

Full name of responsible person

Seyed Mohammad Mir hosseini
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahroud 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
Shahroud University of Medical Sciences
Full name of responsible person
Reza Mohammadpourhodki
Position

Faculty Member
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Master
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is not more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available