Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Multimedia Education Based on reflective learning on Quality of Life, Cardiac Anxiety and Adherence to therapeutic regimen in Patients with Heart Failure

Protocol summary

Study aim
The effect of multimedia education with reflective learning on quality of life, cardiac anxiety and adherence to treatment in heart failure patients

Design
This study is a randomized clinical trial Without blinding

Settings and conduct
The statistical population of this study will be heart failure patients admitted in CCU ward of Peymanieh Jahrom Hospital in 1999-98. In this study, the sample size of the study was based on studies using two means comparison method for each group. The sampling method in this study is convenience. Then patients will be randomly assigned to intervention and control groups

Participants/Inclusion and exclusion criteria
Age under 55 years, Grade 1 to 3 heart failure

Intervention groups
The first intervention group will be multimedia education. In the second intervention group, in addition to multimedia training, the reflective method will be used. In the third group the control group. Only the training CD will be given,

Main outcome variables
Quality of life, cardiac anxiety, adherence to treatment regimen

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190917044802N1**
Registration date: **2020-02-05, 1398/11/16**
Registration timing: **retrospective**

Last update: **2020-02-05, 1398/11/16**
Update count: **0**

Registration date
2020-02-05, 1398/11/16

Registrant information

Name
Mostafa Bijani

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 71 5331 5012

Email address
bizhani_mostafa@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-08-06, 1398/05/15

Expected recruitment end date
2019-10-07, 1398/07/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect of Multimedia Education Based on reflective learning on Quality of Life, Cardiac Anxiety and Adherence to therapeutic regimen in Patients with Heart Failure

Public title
The Effect of Education on Quality of Life, Cardiac Anxiety and Adherence to Treatment in Heart Failure Patients

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

To under 55 years old, Grade 1 to 3 heart failure,

Exclusion criteria:

Patients' unwillingness

Age

From **40 years** old to **55 years** old

Gender

Both

Phase

4

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

At first, sampling will be done by convenience method and then randomly divided into two groups of control and intervention. For this purpose, 120 cards will be provided first, 40 cards A, 40 cards B and 40 cards C, these 120 cards will be placed in an envelope and each patient will be asked to carry one card. Take a coincidence. Each card with the names A, B, C actually represents two intervention groups (multimedia learning) , (multimedia learning with reflective learning) and a control group).

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

Ethical Committee of Fasa University of Medical Sciences

Street address

Fars Province, Fasa, Ibn Sina Square, Fasa University of Medical Sciences and Health Services

City

Fasa

Province

Fars

Postal code

86688-74616

Approval date

2019-08-19, 1398/05/28

Ethics committee reference number

IR.FUMS.REC.1398.099

Health conditions studied

1

Description of health condition studied

heart failure

ICD-10 code

I50.9

ICD-10 code description

heart failure

Primary outcomes

1

Description

Quality of life

Timepoint

Immediately - one month later - three months later

Method of measurement

Minnesota Living with Heart Failure Questionnaire (MLHFQ)

2

Description

Cardiac Anxiety

Timepoint

Immediately - one month later - three months later

Method of measurement

The cardiac anxiety questionnaire Eifert

3

Description

Adherence to treatment regimen

Timepoint

Immediately - one month later - three months later

Method of measurement

Morisky Medication Adherence Scale (MMAS)

Secondary outcomes

empty

Intervention groups

1

Description

In the first intervention group, multimedia education will be provided.The multimedia method will use video, slide show and educational pamphlets. The training program will be held in four two-hour sessions. The content of the training film will be produced with the advice of a cardiologist, nutritionist and psychologist and nursing faculty members. The film will be filmed at the Fasa University of Medical Sciences virtual training center and the educational content will be approved by the professors and director of the Department of Cardiology, Nutrition, Psychology and Nursing at Fasa University of Medical Sciences. Including 1- Symptoms and Symptoms

of Heart Failure and Prevention of Heart Failure

Category

Lifestyle

2

Description

In the second intervention group, in addition to multimedia training, the training will be followed in a reflective learning based on the Johns model. This model consists of five steps -1. Event description: At this stage the event or experience describes the important causes and contextual factors associated with it, and in general, key issues in describing the event are addressed to clarify the experience.2. Reflection: This phase examines the thoughts and feelings of oneself and others and the consequences of the actions taken. Sample questions at this stage are: What was I trying to achieve? Why did I do it? What are the consequences of my actions [for the patient and family, for myself, for the people I work with]? When it happened, how did I feel about that experience? What was the patient feeling about it? How do I know what the patient is feeling about it?3. Investigating the influential factors: In this phase, the influence of internal, external and individual factors on the individual's decisions and actions is examined. Questions at this stage can include the following. What internal factors influenced my decision making and actions? What external factors influenced my decisions and actions? What sources of knowledge have or should have influenced my decision making and actions?4. Evaluating Alternative Strategies: At this point, the questions are: Could I handle this situation better? What other options were there for action? What were the consequences of the other choices?5. Learning: This stage describes the changes that have occurred in one's experiences, knowledge, ethical attitudes and self-awareness as a result of an event. An example of the question at this stage is: Given my past experience and future performance, how can I make sense of this experience? How do I feel about this experience right now? Am I considering taking effective action to support myself and others as a result of this experience? How has this experience changed my approach to performance? All stages of the Johns model will be discussed after viewing the film and based on the film content.

Category

Other

3

Description

Control group: The control group will received a training package on heart failure

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Payamanieh hospital in Jahrom

Full name of responsible person

Mostafa Bijani

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Dr. Mojtaba Fargham

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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

Fasa 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
Fasa University of Medical Sciences
Full name of responsible person
Mostafa Bijani
Position
Assistant Professor - Faculty Member
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Person responsible for updating data

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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
Not applicable
Title and more details about the data/document
The consent form will be completed by the participants
When the data will become available and for how long
Complete the study and publish the article
To whom data/document is available
For researchers working in academic and scientific institutions
Under which criteria data/document could be used
Implementation in other centers or other disease
From where data/document is obtainable
Mostafa Bijani Assistant Professor Department of Nursing, School of Nursing and Midwifery Fasa University of Medical Science. bizhani _mostafa@yahoo.com
What processes are involved for a request to access data/document
Send project mananger email. Mr. Mostafa Bijeni bizhani_mostafa@yahoo.com
Comments