

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

The Study of the Effect of Face-to-Face Education and Educational Booklet on Heart Health Indexes of the Hospitalized Patients with Myocardial Infarction

Protocol summary

Summary

The purpose of this study is: the study of the effect of face-to-face education and educational booklet on heart health indexes of the hospitalized patients with myocardial infarction. Inclusion criteria: women and men below the age of 70 who had been diagnosed with myocardial infarction for the first time; were able to read and write; were not suffering anxiety and psychosis related diseases and the exclusion criteria: women and men with the age of more than 70 who had been diagnosed with myocardial infarction for more than once time; were unable to read and write; participants who have suffering from anxiety and psychosis related diseases. The present study is of quasi-experimental type consisting of two groups. In this study, 120 patients with myocardial infarction who were below the age of 70 were selected randomly and divided into two groups (case group and control group) after being matched based on age and sex. The researcher first measured the health indexes including smoking, cholesterol level, body mass, level of anxiety and amount of systolic and diastolic blood pressure in patients who have been diagnosed with myocardial infarction for the first time. He performed education program in case group and analyzed the said variables after four months. He also compared the behaviors in the two groups after being educated. All patients completed the questionnaire of demographic data, variables under study and anxiety. The data was analyzed by SPSS software, version 15, and the two groups were compared by using appropriate statistical tests.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201302174438N3**

Registration date: **2013-04-04, 1392/01/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-04-04, 1392/01/15

Registrant information

Name

Safar Ali Esmaeili Vardanjani

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38 2384 2490

Email address

s.esmaeili@khuisf.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences.

Expected recruitment start date

2007-03-21, 1386/01/01

Expected recruitment end date

2010-03-21, 1389/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Study of the Effect of Face-to-Face Education and Educational Booklet on Heart Health Indexes of the

Public title

The Study of the Effect of Face-to-Face Education and Educational Booklet on Heart Health Indexes of the Hospitalized Patients with Myocardial Infarction

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: women and men below the age of 70 who had been diagnosed with myocardial infarction for the first time; were able to read and write; were not suffering anxiety and psychosis related diseases.
Exclusion criteria: women and men with the age of more than 70 who had been diagnosed with myocardial infarction for more than once time; were unable to read and write; participants who have suffering from anxiety and psychosis related diseases.

Age

To 70 years old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 120

Randomization (investigator's opinion)

Randomized

Randomization description

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

Iran university of medical science

Street address

Tehran- Iran university of medical science

City

Tehran

Postal code

Approval date

2008-02-09, 1386/11/20

Ethics committee reference number

P/ 438

Health conditions studied

1

Description of health condition studied

Myocardial Infarction

ICD-10 code

I21

ICD-10 code description

myocardial infarction specified as acute or with a stated duration of 4 weeks (28 days) or less from onset

Primary outcomes

1

Description

Heart Health Indexes

Timepoint

Before training and 4 months after completion of the training

Method of measurement

questionnair

2

Description

blood colestrol

Timepoint

Before training and 4 months after completion of the training

Method of measurement

labratory

3

Description

body max index

Timepoint

Before training and 4 months after completion of the training

Method of measurement

questionnair- bmi formol

4

Description

anxiety

Timepoint

Before training and 4 months after completion of the training

Method of measurement

questionnair

5

Description

blood presser (systol, diastol)

Timepoint

Before training and 4 months after completion of the training

Method of measurement

Sphygmomanometer

6

Description

Smoking

Timepoint

Before training and 4 months after completion of the training

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Heart Health Indexes

Timepoint

4 months, before and after the training

Method of measurement

questionnaire

2

Description

blood cholesterol

Timepoint

4 months, before and after the training

Method of measurement

laboratory

3

Description

body mass index

Timepoint

4 months, before and after the training

Method of measurement

body mass index formula

4

Description

anxiety

Timepoint

4 months

Method of measurement

Beck anxiety questionnaire

5

Description

blood pressure (systolic, diastolic)

Timepoint

4 months, before and after the training

Method of measurement

Sphygmomanometer

6

Description

Smoking

Timepoint

4 months, before and after the training

Method of measurement

Questionnaire

Intervention groups

1

Description

The intervention group: Patients were educated on symptoms, causes and side effects of myocardial infarction and change of life style such as smoking cessation, increase of physical activity, observance of food and drug regime, control of blood pressure, weight and management of anxiety. Education was performed in the form of individual education by researcher in patient's room for 20 minutes and group education (2-5 patients) in hospital's clinic for 20 minutes by the method of face-to-face education and educational-aid tools such as educational booklet given to patients. Also a fixed telephone number and a mobile phone number were provided to answer their questions. Follow-up was made continuously for a period of four months following the first visit by phone.

Category

Lifestyle

2

Description

The control group: the control group did not receive any intervention and just will receive only routine care.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

The selected hospitals of Tehran University of Medical Sciences and Shahid Beheshti Medical University

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Science

Full name of responsible person

Research Deputy

Street address

Tehran University of Medical Science

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Science

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Bushehr University of Medical Science

Full name of responsible person

Fatemeh Ghani Dehkordi

Position

PhD Nursing Student, Faculty Member

Other areas of specialty/work

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Name of organization / entity

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Full name of responsible person

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Position

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Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty