

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of the first phase of cardiac rehabilitation programs on illness perception and Hospital anxiety and depression in patients with acute coronary syndrom

Protocol summary

Summary

Anxiety and Depression following cardiac events is associated with higher mortality and illness perception appears to be an important psychosocial factor in acute recovery from cardiac event, but little is known about whether this can be reduced through treatment including cardiac rehabilitation. The purpose of this study was to assess the effects of phase 1 cardiac rehabilitation on illness perception and Hospital anxiety and depression among acute coronary syndrome patients. This is a semi-experimental clinical trial on 90 first ACS patients admitted to the CCU and Post CCU wards which have been sampled simply and randomized divided into experimental (n=45) and control (n=45) groups. The control group received only hospital's routine program, while the experimental group in addition to receiving usual care, will participate in phase 1 cardiac rehabilitation program. Phase 1 cardiac rehabilitation program included self care and self management education, nutrition recommendations, stress reduction methods and exercises that instructed by researcher in 4 parts of 20 minutes. The data gathering tools were demographic and disease related questionnaires, Persian version of Illness perception questionnaire (IPQ) and Hospital Anxiety Depression Score (HADS). Data were collected at baseline and 5 days following ACS.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201112314443N4**

Registration date: **2012-06-12, 1391/03/23**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-06-12, 1391/03/23

Registrant information

Name

Masoumeh Zakerimoghadam

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2286 2160

Email address

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2012-01-21, 1390/11/01

Expected recruitment end date

2012-06-21, 1391/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of the first phase of cardiac rehabilitation programs on illness perception and Hospital anxiety and depression in patients with acute coronary syndrome

Public title

The impact of cardiac rehabilitation programs first phase on illness perception and Hospital anxiety and depression in patients with acute coronary syndrome

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Diagnosis is confirmed by medical experts and the results of diagnostic test; mental illness are not known and not taking drugs that affect mental; Have the ability to understand conversations in Persian; Have at least read and writer; Be admitted for the first time. Exclusion criteria: the patient dies during the study; Stage of disease is acute and severe; Lack of patient cooperation in data collection.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 90

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**

Tehran University of Medical Sciences

Street address

Tehran - Keshavarz Blvd - University of Central Organization

City

Tehran

Postal code**Approval date**

2012-01-21, 1390/11/01

Ethics committee reference number

15169

Health conditions studied**1****Description of health condition studied**

Acute coronary syndrom

ICD-10 code

I24.9

ICD-10 code description

Acute ischaemic heart disease, unspecified

Primary outcomes**1****Description**

Illness perception

Timepoint

before and after intervention

Method of measurement

Illness Perception Questioaire

Secondary outcomes**1****Description**

Hospital Anxiety Depression

Timepoint

before and after intervention

Method of measurement

Hospital Anxiety Depression Score

Intervention groups**1****Description**

The control group received only hospitals routine program includes brief information about the disease and treatment program

Category

Rehabilitation

2**Description**

the experimental group in addition to receiving usual care, will participate in phase 1cardiac rehabilitation program. Phase 1 cardiac rehabilitation program included self care and self management education,nutrition recommendations, stress reduction methods and exercises that instructed by researcher in 4 parts of 20 minutes.

Category

Rehabilitation

Recruitment centers**1****Recruitment center****Name of recruitment center**

Imam Khomeini hospital - cardiac care unit, Post cardiac care unit

Full name of responsible person

sedigheh arefi

Street address

Nursing and Midwifery, Tehran University of Medical Sciences

City

Tehran

2

Recruitment center**Name of recruitment center**

shariati hospital - cardiac care unit , Post cardiac care unit

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

University Research Assistant, Dr Photoohi

Street address

Ghods street

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**

Tehran University of Medical Science

Full name of responsible person

Masoumeh Zakerimoghdam

Position

MS./Faculty of Nursing and Midwifery

Other areas of specialty/work**Street address**

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Web page address**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