

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Investigation effect of education based on illness perception on self-care behavior and quality of life in heart failure patient

Protocol summary

Summary

The purpose of this study is investigation effect of education based on illness perception on self-care behavior and quality of life in heart failure patients. It's a randomized control trial. Subjects of study are CHF's patients hospitalized in CCU, Post CCU. 76 eligible patients will be enrolled in two groups. Inclusion criteria: Confirmed heart failure, ability to understand Persian, having negative illness perception, does not be under another study, doesn't have chronic disease, doesn't have mental disorder, and doesn't have cognitive disease. Exclusion criteria: Being in acute phase of disease, wouldn't like to continue, Discharge before completing intervention. After completing informed consent, demographic information, self-care behavior ,quality of life and illness perception(IPQ) questionnaires before admitting ,in control group without any intervention IPQ will be completed before and after 8 weeks. Intervention group will be done correcting illness perception intervention in 3 sessions, for consecutive days, about 30 minute and illness perception(IPQ) questionnaire will be filled after 8 weeks. Then intervention group will be followed with telephone contacts at afternoons every week for 8 weeks after discharge. Self-care behavior and quality of life questionnaires will be completed after 8 weeks for both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201406094443N11**

Registration date: **2015-01-18, 1393/10/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-18, 1393/10/28

Registrant information

Name

Masoumeh Zakerimoghadam

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

zakerimo@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2014-04-21, 1393/02/01

Expected recruitment end date

2014-07-23, 1393/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation effect of education based on illness perception on self-care behavior and quality of life in heart failure patient

Public title

Effect of education based on illness perception in heart failure patient

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Confirmed heart failure; Ability to understand Persian; Having negative illness perception; Does not be under another study; Doesn't have chronic disease; Doesn't have mental disorder; Doesn't have cognitive disease
Exclusion criteria: Being in acute phase of disease; Wouldn't like to continue; Discharge before completing intervention

Age

From **30 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **76**

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

Research Ethics Committee Tehran University of Medical Sciences

Street address

Ghods street, Keshavarz boulevard

City

Tehran

Postal code

Approval date

2014-04-28, 1393/02/08

Ethics committee reference number

۹۳/۵/۱۸۲/۱۳۰

Health conditions studied

1

Description of health condition studied

Heart failure

ICD-10 code

I50.9

ICD-10 code description

Heart failure, unspecified

Primary outcomes

1

Description

Self care behavior

Timepoint

Before and 8 weeks after intervention

Method of measurement

European self care behavior questionnaire

2

Description

Quality of life

Timepoint

Before and 8 weeks after intervention

Method of measurement

European self care behavior questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In control group just will receive regular care, without any intervention.

Category

Other

2

Description

In intervention group, On second day of admitting, Will be done correcting illness perception intervention in 3 sessions, for consecutive days, About 30 minute. Its exact content will be individualized according to patients' Responses on the illness Perception Questionnaire. First session consist of a brief explanation of the pathophysiology of ACS, Common symptoms, exploring the patient's perception about the cause and factors that may have contributed to the development of the ACS, The second session build on the causes will identify by the patient and focus on developing action plan of minimizing future risk by altering risk factors, In the third session, This action plan will be reviewed and symptoms of recovery and warning signs, Concerns the patient about their medication will be discussed and a booklet will be given. Then intervention group will be followed by telephone contacts at afternoons every week in 8 weeks after discharge.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Masoumeh Zakerimoghdam

Street address

Eastern Nosrat street, Tohid square

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 Sciences

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

Nursing- Midwifery Faculty of Tehran University of Medical Sciences

Full name of responsible person

Masoumeh Zakerimoghdam

Position

Lecturer

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Person responsible for updating data

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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