

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

24 Jun 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

+98 21 2286 2160

###### 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 Zakerimoghadam

**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 Zakerimoghadam

**Position**

Lecturer

**Other areas of specialty/work**

**Street address**

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Lecturer

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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*