

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Aug 2026

Study on the Effectiveness of Fordyce Happiness Training on Life Expectancy in Candidate Patients for Coronary Artery Bypass Graft

Protocol summary

Study aim

Study on the Effectiveness of Fordyce Happiness Training on Life Expectancy in Candidate Patients for Coronary Artery Bypass Graft

Design

Clinical trial with control group, with parallel groups, without blindness, randomised, with 72 patients. The concealed randomisation sequence is used for randomisation.

Settings and conduct

For patients before coronary artery bypass grafting hospitalized in surgery wards of Heshmat hospital in Rasht, group sessions including 6 group with 6 individuals will completed Miller questionnaire at 7 days prior to cardiac surgery. For patients of the Fordyce Happiness Model Training Intervention Group, 7 days before surgery by a psychologist will perform a daily session for 20-30 minutes for seven sessions. Immediately after the seventh session, Miller's life expectancy questionnaire will be completed again.

Participants/Inclusion and exclusion criteria

Inclusion criteria : 1. Age between 65-20 years 2. Having a minimum literacy of reading and writing 3. Lack of visual and auditory impairment 4. Being undergoing heart surgery for the first time 5. Be able to discuss in training sessions 6. Lack of depression and anxiety disorders based on the patient's history and case 7. Being aware of time and place

Intervention groups

Eligible individuals are randomly assigned to the 2 groups according to block randomized allocation. The first group, the group that is undergoing Fordyce happiness training; The second group, the group without any interventions and just receives routine nursing care.

Main outcome variables

Life expectancy

General information

Reason for update

Acronym

FHT(Fordyce Happiness Training)

IRCT registration information

IRCT registration number: **IRCT20180205038626N6**

Registration date: **2020-06-22, 1399/04/02**

Registration timing: **retrospective**

Last update: **2020-06-22, 1399/04/02**

Update count: **0**

Registration date

2020-06-22, 1399/04/02

Registrant information

Name

Zahra Ahmadnia

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 13 3361 8177

Email address

zahmadnia@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-08-04, 1398/05/13

Expected recruitment end date

2020-03-19, 1398/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study on the Effectiveness of Fordyce Happiness Training on Life Expectancy in Candidate Patients for Coronary Artery Bypass Graft

Public title

Effect of Fordyce Happiness Training in Candidate Patients for Coronary Artery Bypass Graft

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

1. Age between 65-20 years 2. Having a minimum literacy of reading and writing 3. Lack of visual and auditory impairment 4. Being undergoing heart surgery for the first time 5. Be able to discuss in training sessions 6- Lack of depression and anxiety disorders based on the patient's history and file 7. Being aware of time and place

Exclusion criteria:

1) Patient dissatisfaction for continuing to participate in the study 2) Mental retardation 3) Having education in psychology and related fields 4) History of participating in the happiness model training course 5) History of the new crisis such as the death of first-degree relatives, divorce or parenthood in the last 6 months

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Based on random blocks method and considering 6 blocks, 6 blocks will be produced for 36 patients. After providing the list, a special code is assigned to each person, and for the application of concealment, sealed envelopes that are numbered orderly will be used.

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

Ethics committee of Guilan University of Medical Sciences

Street address

Rasht, Namjoo Ave., Shahid Siadati St., Faced to the 17th Shahrivar Hospital, Old Building, School of Health, University of Technology Research and Technology

City

Rasht

Province

Guilan

Postal code

41446-66949

Approval date

2019-08-03, 1398/05/12

Ethics committee reference number

IR.GUMS.REC.1398.227

Health conditions studied

1

Description of health condition studied

Coronary Artery Bypass Graft

ICD-10 code

T82.9

ICD-10 code description

Unspecified complication of cardiac and vascular prosthetic device, implant and graft

Primary outcomes

1

Description

Life Expectancy

Timepoint

7 days before open heart surgery and immediately after the seventh session of the Fordays Happiness Model Training

Method of measurement

Miller Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The Fordays Happiness Model will be taught 7 days before surgery, every day for 20-30 minutes, through a psychologist for seven sessions. The content of the sessions will be about the first session: Introduction and description of goals, the second session: teaching collective activities, the third session: removing worries and lowering expectations, the fourth session: teaching positive and optimistic thinking, the fifth session: cultivating healthy and social personality, the

sixth session: Leaving negative emotions, Session 7: sincere communication teaching and prioritizing happiness.

Category

Lifestyle

2

Description

Control group: No sessions and only routine nursing care

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Dr. Heshmat Rasht Hospital

Full name of responsible person

Seyede Shiva Modallalkar

Street address

Dr. Heshmat Rasht Hospital -Masala Square, Baniyan St.

City

Rasht

Province

Guilan

Postal code

41939-55588

Phone

+98 31 3361 8177

Fax

+98 31 3361 8177

Email

Modallalkars@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Mohammadreza Naghipour

Street address

Namjoo Ave., Shahid Siadati St., Rasht., Technology & Research Vice-chancellor of University

City

Rasht

Province

Guilan

Postal code

41446-66949

Phone

+98 31 3333 2058

Fax

+98 31 3333 2058

Email

naghi@gums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rasht 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

Rasht University of Medical Sciences

Full name of responsible person

Seyede shiva Modallalkar

Position

Nurse

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

Dr. Heshmat Rasht Hospital -Masala Square, Baniyan St.

City

rasht

Province

Guilan

Postal code

4193955588

Phone

+98 13 3361 8177

Email

modallalkars@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

seyede shiva Modallalkar

Position

Nurse

Latest degree

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Province
Guilan
Postal code
4193955588
Phone
+98 13 3361 8177
Email
modallalkars@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Rasht University of Medical Sciences
Full name of responsible person
Seyede shiva Modallalkar
Position
Nurse
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
Dr. Heshmat Rasht Hospital -Masala Square, Baniyan
St
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Rasht
Province

Guilan
Postal code
4193955588
Phone
+98 13 3361 8177
Email
modallalkars@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available