

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effect of nature-based sounds on anxiety, stress and physiologic variables of myocardial infarction patients

Protocol summary

Study aim

Determining the effect of nature-based sounds on anxiety and stress and physiological variables of myocardial infarction patients

Design

Clinical trial with control and intervention group and randomized

Settings and conduct

Patients with myocardial infarction diagnosed by a physician admitted to ccu wards in Golestan and Imam hospitals of Ahvaz will be randomly divided into two groups of intervention and control after obtaining written and informed consent.

Participants/Inclusion and exclusion criteria

_heart attack - Not being fully conscious and not intubating - Not being in a critical condition in terms of health - No smoking - No respiratory and mental illnesses known and diagnosed by a doctor - Literacy

Intervention groups

Heart attack patients admitted to the hospital after obtaining informed written consent, enter the study. In this method, an MP3 device that contains different sounds based on nature is given to patients in the intervention group and they are asked to during the day and especially in times of stress, listen to their favorite natural sounds. This will be done for three days. And every day the researcher is present in the department and the questionnaires and vital signs are completed before and after listening to the music. Nature sounds are played using an MP3 device using headphones. Questionnaires and vital signs will be completed by participants before the intervention and every day for three days. All patients in the control group receive routine care

Main outcome variables

State anxiety Stress Systolic blood pressure Diastolic blood pressure heart beat Respiration rate

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200922048798N1**

Registration date: **2020-09-29, 1399/07/08**

Registration timing: **retrospective**

Last update: **2020-09-29, 1399/07/08**

Update count: **0**

Registration date

2020-09-29, 1399/07/08

Registrant information

Name

shekoufe fatehimoghadam

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 4359 6704

Email address

shekoufatehi2013@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-06, 1398/10/16

Expected recruitment end date

2020-03-21, 1399/01/02

Actual recruitment start date

2020-01-10, 1398/10/20

Actual recruitment end date

2020-04-13, 1399/01/25

Trial completion date

2020-04-29, 1399/02/10

Scientific title

The effect of nature-based sounds on anxiety, stress and physiologic variables of myocardial infarction patients		Ethics committee reference number Iranums.rec.1398-752	
Public title The effect of nature-based sounds on anxiety, stress and physiological variables of myocardial infarction patients		Health conditions studied	
Purpose Supportive		<u>1</u>	
Inclusion/Exclusion criteria Inclusion criteria: heart attack Complete consciousness and lack of intuition Not being in a critical health condition No smoking No drug addiction Be literate Exclusion criteria:		Description of health condition studied myocardial infarction	
Age From 20 years old to 60 years old		ICD-10 code F43.9	
Gender Both		ICD-10 code description Reaction to severe stress, unspecified	
Phase N/A		Primary outcomes	
Groups that have been masked <i>No information</i>		<u>1</u>	
Sample size Target sample size: 80 Actual sample size reached: 80		Description Stress	
Randomization (investigator's opinion) Randomized		Timepoint Measuring stress and anxiety and physiological variables during three consecutive days before and after listening to music	
Randomization description .After selecting myocardial infarction patients hospitalized in the ccu ward, patients are divided into two groups of intervention and control by simple randomization using lottery.		Method of measurement DOS Questionnaire - Spielberger Questionnaire - Monitoring	
Blinding (investigator's opinion) Not blinded		Secondary outcomes empty	
Blinding description		Intervention groups	
Placebo Not used		<u>1</u>	
Assignment Single		Description Intervention group: Listen to nature-based music	
Other design features		Category Prevention	
Secondary Ids empty		Recruitment centers	
Ethics committees		<u>1</u>	
<u>1</u>		Recruitment center	
Ethics committee		Name of recruitment center Golestan and Imam Ahvaz Hospital	
Name of ethics committee Ethics Committee of Ahwaz Jundishapur University		Full name of responsible person Shekoufe fatehi moghadam	
Street address Golestan, Esfand Street		Street address Golestan, Esfand St., Jundishapur University	
City Ahvaz		City Ahvaz	
Province Khouzestan		Province Khouzestan	
Postal code 6391995855		Postal code 6391995855	
Approval date 2020-01-04, 1398/10/14		Phone +98 61 4362 7805	
		Email	

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

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Golestan, Esfand St., Jundishapur University

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

40

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**

Ahvaz University of Medical Sciences

Full name of responsible person

Shekoufe fatehi moghadam

Position

Student

Latest degree

Master

Other areas of specialty/work

Anesthesiology

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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