

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

Comparison of the effect of Teach Back training and group training on self-efficacy among myocardial infarction patients

Protocol summary

Study aim

Comparison the Effect of Education by Teach Back Method and Group Education on Self-efficacy of Patients with Myocardial Infarction

Design

Clinical trial with one control and two intervention groups with parallel groups, no blinding, on 108 patients, statistical software was used for randomization.

Settings and conduct

The study site was the CCU ward of Shahid Rajaei Cardiovascular Hospital in Tehran. There was no blinding in this study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having reading and writing ability; Myocardial infarction for the first time. Non-inclusion criteria: Having a history of mental illness; being educated in any medical major

Intervention groups

Intervention group 1(TeachBack training group): Individual feedback-based training on myocardial infarction, medications, diet, activity and symptoms. Intervention group 2: Group training three-member groups about myocardial infarction, medications, diet, activity and symptoms. Control group: will receive routine training.

Main outcome variables

Self-efficacy score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210410050920N1**

Registration date: **2021-07-03, 1400/04/12**

Registration timing: **retrospective**

Last update: **2021-07-03, 1400/04/12**

Update count: **0**

Registration date

2021-07-03, 1400/04/12

Registrant information

Name

maryam rezaei

Name of organization / entity

Rajaei cardio and vascular center

Country

Iran (Islamic Republic of)

Phone

+98 86 3367 5188

Email address

rezaeinurse.maryam@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-03-21, 1400/01/01

Expected recruitment end date

2021-05-22, 1400/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of Teach Back training and group training on self-efficacy among myocardial infarction patients

Public title

The effect of feedback-based training and group training on self-sufficiency of myocardial infarction patients

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Myocardial infarction for the first time Having reading and writing ability

Exclusion criteria:

Having a history of mental illness Being educated in any medical major

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: **108**

Randomization (investigator's opinion)

Randomized

Randomization description

Block randomization with block of size six, individual randomization unit, using statistical software named "Createablockedrandomisationlist statistical software". Patients are randomly divided into three groups: A, Teachback education group, B, education group, and C, control group.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Individual training to complete individual learning and group training to use the experiences of others and save time

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Shahid Rajaei Cardiovascular Center

Street address

Rajaei Heart and Vascular Center, Niayesh Highway, Valiasr Street

City

Tehran

Province

Tehran

Postal code

1995614331

Approval date

2021-03-09, 1399/12/19

Ethics committee reference number

IR.RHC.REC.1399.142

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

Myocardial Infraction

ICD-10 code

I21

ICD-10 code description

ST elevation (STEMI) and non-ST elevation (NSTEMI) myocardial infarction

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

Self-efficacy score

Timepoint

Before the intervention and two weeks after the intervention

Method of measurement

Sullivan Self-Efficacy Questionnaire

Secondary outcomes**1****Description****Timepoint****Method of measurement****Intervention groups****1****Description**

Intervention group 1 (Teach Back training group): In this group, feedback-based training is done individually on myocardial infarction, diet, medications, activities and symptoms. The duration of each training session is one hour a day for two days.

Category

Lifestyle

2**Description**

Intervention group 2: In this group, group training is held in groups of three about myocardial infarction, medications, diet, activity and symptoms. The duration of each training session is one hour a day for two days.

Category

Lifestyle

3**Description**

Control group: control group will receive routine ward training.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Rajaei Cardiovascular Training and Research Center

Full name of responsible person

Maryam Rezaei

Street address

Rajaei Heart and Vascular Center, Niayesh Highway,
Valiasr Street

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Email

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Web page address

https://fa.irct.ir/user/trial/55529/update/recruitment_center

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rajaei Heart and Vascular Center

Full name of responsible person

Dr. Majid Maleki

Street address

Rajaei Heart and Vascular Center, Niayesh Highway,
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maleki@rhc.ac.ir

Web page address

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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

Rajaei Heart and Vascular Center

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

Rajaei Heart and Vascular Center

Full name of responsible person

Maryam Rezaei

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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https://fa.irct.ir/user/trial/55529/update/public_queries_contact

Person responsible for scientific inquiries

Contact

Name of organization / entity

RajaeiHeart and Vascular Center

Full name of responsible person

Mohammad Javad Alamzadeh Ansari

Position

Associate Professor

Latest degree

Subspecialist

Other areas of specialty/work

Cardiology

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Web page addresshttps://fa.irct.ir/user/trial/55529/update/scientific_queries_contact**Fax**

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All potential data can be shared after making participants unidentifiable

When the data will become available and for how long

Access started in 2020

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

Use of documents for scientific research

From where data/document is obtainable

Email: rezaeinurse.maryam@gmail.com Contact number 09180079172

What processes are involved for a request to access data/document

Requested documents will be sent by email.

Comments**Person responsible for updating data****Contact****Name of organization / entity**

Rajaei Heart and Vascular Center

Full name of responsible person

Maryam Rezaei

Position

Masters student

Latest degree

Bachelor

Other areas of specialty/work

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