

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

The Effect Of Education Based On Health Belief Model On Behavior And Nutritional Indicators Of Patients With Myocardial Infarction

Protocol summary

Study aim

Determining the effect of education based on health belief model on behavior and nutritional indicators in patients with myocardial infarction

Design

A clinical trial study with intervention and control groups on 72 patients was randomized. A table of random numbers is used for randomization.

Settings and conduct

This study is a prospective clinical trial that will be performed on 72 patients with myocardial infarction referred to the Rehabilitation Clinic of the Rehabilitation Research Center, Cardiovascular Research Institute. patient will be divided into two groups of intervention and control using a table of random numbers, and patients in the intervention group will receive educational content related to proper nutrition based on the health belief model during 4 sessions. Data will be collected and analyzed using questionnaires measuring the structures of the Health Belief Model, three-day food registration and demographic characteristics before, one and three months after the intervention.

Participants/Inclusion and exclusion criteria

Inclusion criteria included all patients with myocardial infarction and exclusion criteria included low literacy and unwillingness to participate in the study.

Intervention groups

The intervention will be done by holding training classes for the intervention group in 4 sessions over 4 weeks using educational methods (lectures, questions and answers and using PowerPoint). The control group will also receive only the usual training of the rehabilitation center.

Main outcome variables

total cholesterol, HDL, LDL, blood sugar and body mass index.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210609051528N1**

Registration date: **2021-07-05, 1400/04/14**

Registration timing: **registered_while_recruiting**

Last update: **2021-07-05, 1400/04/14**

Update count: **0**

Registration date

2021-07-05, 1400/04/14

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-06-28, 1400/04/07

Expected recruitment end date

2021-07-21, 1400/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Education Based On Health Belief Model On Behavior And Nutritional Indicators Of Patients With Myocardial Infarction

Public title

The Effect Of Education On Behavior And Nutritional Indicators Of Patients With Myocardial Infarction

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

literacy ability to communicate having myocardial infarction complete health of sight and hearing lack of a special diet

Exclusion criteria:

Existence of severe disease conditions that prevent the patient from participating in education and learning participation in educational programs similar to the present study cancellation of cooperation non-participation in at least two training sessions the existence of underlying disease that interferes with the counseling program

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 72

Randomization (investigator's opinion)

Randomized

Randomization description

Persons will be divided into two groups of intervention and control based on a simple randomization method using a random number table. In this method, we put a set of numbers in the table without a specific pattern and order and completely randomly. To use a table of random numbers, we first specify the table numbers to read (for example, up, down, left, or right), then assume specific numbers for each group: We consider even numbers for the intervention group and odd numbers for the control group. Then we touch one of the numbers and move in one of the predetermined directions and record the numbers and assign them to the intervention and control groups.

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 Isfahan University of Medical Sciences

Street address

Faculty of Health, Isfahan University of Medical Sciences, Hazar Jerib St, Isfahan

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Postal code

8174673461

Approval date

2021-06-09, 1400/03/19

Ethics committee reference number

IR.MUI.RESEARCH.REC.1400.144

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

myocardial infarction

ICD-10 code

I21

ICD-10 code description

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

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

total cholesterol

Timepoint

before and three month after the start of the study

Method of measurement

measurement through experiments

2**Description**

HDL

Timepoint

before and three month after the start of the study

Method of measurement

measurement through experiments

3**Description**

LDL

Timepoint

before and three month after the start of the study

Method of measurement

measurement through experiments

4

Description

FBS

Timepoint

before and three month after the start of the study

Method of measurement

measurement through experiments

5

Description

BMI

Timepoint

before and three month after the start of the study

Method of measurement

weight/[height]²

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Patients with myocardial infarction in the intervention group, nutrition training intervention based on the structures of the Health Belief Model by holding 4 sessions of 60 minutes (Within a month, one session per week) using the methods Lectures, questions and answers, and slide shows will be held, and patients will be followed up by telephone during this time. The educational content has been prepared by the research team and it has been tried to make all the contents simple and understandable for all patients. The nutritional educational content is adjusted based on the economic situation of the people and includes: correcting the type and amount of oil consumed, correct cooking method and not using frying Increase consumption of vegetables and fruits to at least 5 units per day, replace low-fat dairy products with high-fat ones, reduce salt consumption, remove salt shakers from the table and avoid salty foods, eat lean meats, separate chicken skin before cooking, replace Vegetable protein instead of animal, eat fish 1 to 2 times a week, eat oily nuts 5 times a week, do not eat sweets and fatty foods. To measure the effect of the intervention, one and three months after the end of the training program, the data will be collected again. Also, three months after the intervention, blood sugar, total cholesterol, HDL, LDL, BMI will be measured.

Category

Behavior

2

Description

Control group: The control group did not receive any educational intervention and used only the routine training of the rehabilitation center. It should be noted that at the end of the study, in order to observe ethics in

research, all trainings will be provided to the control group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Rehabilitation Clinic Rehabilitation Research Center, Cardiovascular Research Institute

Full name of responsible person

Masoumeh Sadeghi

Street address

Cardiac Rehabilitation Research Center, Isfahan Cardiovascular Research Institute, Shahid Rahmani Alley, next to Shahid Chamran Heart Therapeutic Training Center, after Shahrestan Bridge, Mushtaq 3rd St, Isfahan.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Esfahan 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

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Person responsible for general inquiries

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Professor

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no more information.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available