

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

14 Jun 2026

### Comparing the Effect of Spiritual Intelligence Education based on Teach-back Method with routine cares on Quality of Life and Psychological Adjustment in post-MI patients

#### Protocol summary

##### Study aim

Determining the effect of spiritual intelligence education based on the Teach-back Method on quality of life and psychological adjustment in post-MI patients in Rania hospitals in 2021-2022.

##### Design

A clinical trial with a parallel, randomized, and control group will be performed on 80 heart patients. The sample size will be considered 40 patients for each group in this study. Participants will be randomly divided into intervention and control groups, and a random number table will be used for randomization.

##### Settings and conduct

The study location will be the CCU ward of RANYA Hospital in Sulaymaniyah, Iraq. The study population will be all patients after myocardial infarction (Post MI), and there will be no blindness in our study.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Post-MI patients; being conscious and well-oriented; ability to read and write. Exclusion criteria: Patients with psychiatric disorders

##### Intervention groups

The control group will receive routine hospital care. The intervention group will receive seven sessions of Intelligence Education based on the Teach-back Method.

##### Main outcome variables

Quality of Life; Psychological Adjustment

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20131112015390N6**

Registration date: **2022-04-04, 1401/01/15**

Registration timing: **registered\_while\_recruiting**

Last update: **2022-04-04, 1401/01/15**

Update count: **0**

##### Registration date

2022-04-04, 1401/01/15

##### Registrant information

###### Name

Naser Parizad

###### Name of organization / entity

Urmia University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 44 1348 7649

###### Email address

parizad.n@umsu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2022-03-02, 1400/12/11

##### Expected recruitment end date

2022-09-01, 1401/06/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparing the Effect of Spiritual Intelligence Education based on Teach-back Method with routine cares on Quality of Life and Psychological Adjustment in post-MI patients

##### Public title

The Effect of Spiritual Intelligence Education based on

Teach-back Method on Quality of Life and Psychological Adjustment

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Post MI patients Being conscious and fully oriented  
Ability to read and write

**Exclusion criteria:**

Patients with psychiatric disorders

**Age**

No age limit

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 80

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The participants will be randomly allocated into two intervention and control groups based on pre-designated numbers obtained from Random Number Table. Sealed envelopes and sequential numbers will be used to conceal random allocation. In this method, each series of random numbers created by the random number table will be written on a card and the cards will be placed in envelopes. Eventually the sealed envelopes will be placed inside the box. One number is assigned to each patient and his/her name will be recorded on the envelope before unsealing.

**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 Committees of Urmia University of Medical Sciences

**Street address**

School of Nursing and Midwifery; Nazloo Campus; 11 km of Seru Road; Urmia; West Azarbaijan

**City**

Urmia

**Province**

West Azarbaijan

**Postal code**

57561-15335

**Approval date**

2022-03-02, 1400/12/11

**Ethics committee reference number**

IR.UMSU.REC.1400.468

**Health conditions studied**

**1**

**Description of health condition studied**

Acute myocardial infarction

**ICD-10 code**

I21

**ICD-10 code description**

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

**Primary outcomes**

**1**

**Description**

Quality of Life

**Timepoint**

At the beginning of the study (before the intervention) and after the intervention

**Method of measurement**

The MacNew quality of life after myocardial infarction (MacNew QLMI) questionnaire.

**Secondary outcomes**

**1**

**Description**

Psychological Adjustment

**Timepoint**

At the beginning of the study (before the intervention) and after the intervention

**Method of measurement**

The psychological adaptation scale (PAS).

**Intervention groups**

**1**

**Description**

Intervention group: The study will be conducted at Rania Hospital in Iraq. In addition to the routine hospital care that the patients will receive in the control group, seven training sessions based on the teach-back method will be considered for patients in the intervention group, and patients will receive two 60-minute sessions each week for a month. It should be noted that the training will be conducted individually. In the first session, patients are taught about awareness. The second patient education session will be based on the meaning of life, and the third session will be about evaluation. Then, we will continue the training until the end according to the King

training program. The last session will focus on topics that patients have not understood, key points, and repetition with short sentences.

**Category**

Rehabilitation

**2****Description**

Control group: This group will receive the hospital's routine care.

**Category**

Rehabilitation

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Ranya General Hospital, Sulaymaniyah, Iraq.

**Full name of responsible person**

Chawan Pirot Abubakr

**Street address**

7V5H+2M3, Ranya, Iraq

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Zhwangul.pirot@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Oroumia University of Medical Sciences

**Full name of responsible person**

Saber Gholizadeh

**Street address**

UMSU Central Site; Orjhans Street; Resalat Blvd.; Urmia.

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parizad.n@umsu.ac.ir

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

Yes

**Title of funding source**

Oroumia 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**

Oroumia University of Medical Sciences

**Full name of responsible person**

Naser Parizad

**Position**

assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

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**Position**

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**Latest degree**

Ph.D.

**Other areas of specialty/work**

Others

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Oroumia University of Medical Sciences  
**Full name of responsible person**  
Naser Parizad  
**Position**  
Assistant Professor  
**Latest degree**  
Ph.D.  
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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

Not applicable

### Data Dictionary

Not applicable