Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of the effect of telephone follow-up with social network follow-up on self-efficacy and depression in patients undergoing coronary artery bypass graft surgery

Protocol summary

Study aim

Determining and comparing the effect of telephone follow-up with social network follow-up on self-efficacy and depression of coronary artery bypass surgery patients after discharge

Design

Clinical trial with three groups, with parallel groups, randomized block method with size 6 on 66 patients, rand function of Excel software was used for randomization.

Settings and conduct

The study is conducted in Shahid Rajaei Heart and Vascular Center of Tehran in 1401. Before discharge, Beck depression questionnaire and self-efficacy questionnaire will be completed by the patients. For each patient in the intervention group (telephone follow-up), a telephone call will be made every week for 15 minutes in a month. In the intervention group (follow-up through social network), a channel for this purpose will be set up for patients and educational messages will be sent for four weeks. The control group receives the center's routine care at discharge. After one month, the questionnaires are sent online to the patients.

Participants/Inclusion and exclusion criteria

Patients who will undergo coronary artery bypass surgery in Shahid Rajaei Heart and Vascular Center of Tehran in 1401 and meet the inclusion criteria will be.

Intervention groups

For each patient in the intervention group (telephone follow-up), a telephone call will be made once a week in a month. In the intervention group (follow-up through social network), a channel will be set up for patients and educational messages will be sent for four weeks. became. The control group will receive only follow-up and routine center care at discharge.

Main outcome variables

Reducing costs and facilitating access to effective care, improving the quality of life of these patients, preventing complications and increasing self-efficacy and reducing depression.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220602055063N1**
Registration date: **2022-10-04, 1401/07/12**
Registration timing: **prospective**

Last update: **2022-10-04, 1401/07/12**
Update count: **0**

Registration date

2022-10-04, 1401/07/12

Registrant information

Name

Ako Hassanzadeh

Name of organization / entity

Rajaie Cardiovascular, Medical and Research Center

Country

Iran (Islamic Republic of)

Phone

+98 44 4432 4657

Email address

ako.5314@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-06, 1401/07/14

Expected recruitment end date

2022-11-21, 1401/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of telephone follow-up with social network follow-up on self-efficacy and depression in patients undergoing coronary artery bypass graft surgery

Public title

Comparison of the effect of telephone follow-up with social network follow-up on self-efficacy and depression in patients undergoing coronary artery bypass graft surgery

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Age over 18 years Coronary artery bypass graft surgery Literacy Full consciousness Absence of speech, hearing and vision disorders No history of using psychedelics or antidepressants No history of pre-surgery depression 40% discharge deduction and having a landline phone at home or personal mobile phone Ability to use WhatsApp Internet access

Exclusion criteria:

Reluctance to cooperation in research at any time of the study Age over 80 years Patients who undergo emergency surgery again due to postoperative complications. The patient has new physical problems that make her lose the ability to take care of herself

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **66**

Randomization (investigator's opinion)

Randomized

Randomization description

Eligible patients to participate in the research will be selected in a continuous manner and will be divided into three control groups, telephone follow-up and follow-up through social network (whats app) using a random block method with a size of 6. In the random numbers table, they are prepared using random or random numbers by computers that adjust the numbers randomly. Then, each studied patient will be placed in one of the three groups based on the assigned number, and each patient will have an equal chance to be placed in the 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

Research ethics committee of Shahid Rajaei cardiology, research and treatment center in Tehran

Street address

Shahid Rajaei Cardiovascular Training, Research and Treatment Center-next to Mellat Park-Wali Asr St. (AJ)-Tehran

City

Tehran

Province

Tehran

Postal code

1995614331

Approval date

2022-07-16, 1401/04/25

Ethics committee reference number

IR.RHC.REC.1401.041

Health conditions studied

1

Description of health condition studied

Cardiovascular disease, depression

ICD-10 code

I21,I22,

ICD-10 code description

Acute myocardial infarction,Subsequent myocardial infarction,

Primary outcomes

1

Description

Depression score in Beck questionnaire, self-efficacy score in Sullivan questionnaire

Timepoint

Filling questionnaires before discharge and then after one month

Method of measurement

Beck Depression Questionnaire, Sulivan Cardiac Patient Self-Efficacy Questionnaire

Secondary outcomes

1

Description
Quality of life score
Timepoint
During discharge - one month after discharge
Method of measurement
SF12 short questionnaire with 12 questions

Intervention groups

1

Description
Intervention group 1: Telephone follow-up - for each patient in this group, a telephone call will be made once a week for 15 minutes, in each telephone call the educational items needed by the patient during the discharge period, which include educational programs with medicinal components It will be care, diet and exercise. In the drug program, how to observe the correct use of medicines and in the care program, observe not to smoke, control pain, take care of the surgical incision site, maintain the balance of intestinal excretion, sleeping position,The state of vital signs and the recommendation to use motivational spirometry and the correct way to use the medical belt, and in the diet plan, the correct way to eat and suitable foods, and in the exercise program, the recommended activities and appropriate to the patient's medical and physical condition will be presented. This intervention will be implemented for one month for the telephone follow-up intervention group.
Category
Prevention

2

Description
Intervention group 2: Social network follow-up (WhatsApp) - In this group, a channel will be set up for this purpose for patients, and for four weeks, weekly messages will be sent, which will include educational items needed by the patient in the course of Discharge, which will include educational programs with medication, care, diet and exercise components, will be sent.
Category
Prevention

3

Description
Control group: The control group will receive only the follow-up and routine care of the center at the time of discharge and will not receive any intervention in this one month. After one month, the questionnaires will be sent online to the patients again and will be provided to the researcher after completion.
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Rajaei Heart and Vascular Center, Tehran
Full name of responsible person
Ako Hassanzadeh
Street address
Shahid Rajaei Cardiovascular Training, Research and Treatment Center-next to Mellat Park-Wali Asr St. (AJ)-Tehran
City
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ako.5314@yahoo.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Rajaei Heart and Vascular Center, Tehran
Full name of responsible person
Docter Saideh Mazlom zadeh
Street address
Shahid Rajaei Cardiovascular Training, Research and Treatment Center-next to Mellat Park-Wali Asr St. (AJ)-Tehran
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Postal code
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Phone
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Email
ako.5314@yahoo.com
Grant name
Shahid Rajaei Heart and Vascular Center, Tehran
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Shahid Rajaei Heart and Vascular Center, Tehran
Proportion provided by this source
1
Public or private sector
Private
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

Shahid Rajaei Heart and Vascular Center, Tehran

Full name of responsible person

Ako Hassanzadeh

Position

University student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Rajaie Cardiovascular, Medical and Research Center

Full name of responsible person

Ako Hassanzadeh

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Web page address

http://rhc.ac.ir/

Person responsible for updating data

Contact

Name of organization / entity

Rajaie Cardiovascular, Medical and Research Center

Full name of responsible person

Ako Hassanzadeh

Position

student

Latest degree

Bachelor

Other areas of specialty/work

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Web page address

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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

Data related to depression and self-efficacy variables can be shared.

When the data will become available and for how long

5 months after printing the results

To whom data/document is available

Only for researchers working in academic and scientific

institutions

Under which criteria data/document could be used

No special conditions

From where data/document is obtainable

www.ako.5314@yahoo.com

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

Apply by email

Comments

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