

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 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, Sullivan 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

Tehran

##### Province

Tehran

##### Postal code

1995614331

##### Phone

+98 21 23921

##### Fax

+98 21 2204 2026

##### Email

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

Doctor Saideh Mazlom zadeh

##### Street address

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

##### City

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##### Province

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##### Postal code

1995614331

##### Phone

+98 21 23921

##### 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

+98 21 2204 2026  
**Email**  
ako.5314@yahoo.com  
**Web page address**  
<http://rhc.ac.ir/>

## 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  
**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  
**Phone**  
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ako.5314@yahoo.com

## 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  
**Street address**  
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## 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**  
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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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