Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effects of preferred music on sleep quality, hospital anxiety and depression among patients after coronary artery bypass surgery

Protocol summary

Summary

Objectives: The aim of this study is to determine the effect of preferred music on sleep quality, hospital anxiety and depression level among patients after coronary artery bypass surgery. Design: In this clinical trial study, 70 patients who undergone coronary artery bypass surgery and are hospitalized in a hospital affiliated to Alborz University of Medical Science, If the patients have all inclusion criteria includes: Being conscious and oriented to time, place and person; Undergoing non-emergency open heart surgery for the first time; Age between 30 to 75 years old; Stable hemodynamic condition; Having no mental disorders; Understanding Persian language; Not drug and alcohol addicted; Having no hearing impairment, after obtaining consent, will be enrolled in the study. Patient will be assigned after the purposive sampling as blocked randomization to experiment and control groups. Before commence of the intervention will be measured sleep quality by Pittsburgh questionnaire and hospital anxiety and depression by HADS questionnaire. After that patients in the experiment group will listen to their preferred music that is instrumental and relaxing and using MP3 player with headphones for 20 minutes once a day during four days at 4-6 pm in the afternoon. While patients in control group will receive only routine caring. Finally, once again sleep quality, anxiety and depression will be measured and compared in the five day. Main outcome measures (variables): sleep quality, anxiety and depression.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201408185987N14**
Registration date: **2015-02-16, 1393/11/27**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2015-02-16, 1393/11/27

Registrant information

Name

Shahrzad Ghiyasvandian

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6692 7171

Email address

shghiyas@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2014-09-02, 1393/06/11

Expected recruitment end date

2014-11-30, 1393/09/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of preferred music on sleep quality, hospital anxiety and depression among patients after coronary artery bypass surgery

Public title

The effects of preferred music on sleep quality- hospital anxiety and depression among patients after coronary artery bypass surgery

Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: Willingness to participate in the study; Undergoing non-emergency open heart surgery for the first time; Age between 30 to 75 years old; Stable hemodynamic condition such as systolic blood pressure higher than 90 mmHg; lack of life threatening dysrhythmia and a heart rate between 60 and 100 bpm; Having no mental disorders; Understanding Persian language; Not drug and alcohol addicted; Willingness to hear music; Having no hearing impairment that prevents using headphones; Being conscious and oriented to time; place and person; Undertaking a routine surgical procedure in the operating room such as saphenous vein graft without unexpected events such as severe bleeding or prolong operation. Exclusion criteria: Suffering from acute complications associated with surgery such as bleeding more than 200cc/h of chest tubes, Cardiac tamponade, life threatening dysrhythmias or any emergency condition that requires immediate intervention; Willingness to quit from the study; Death during the study.
Age
From **30 years** old to **75 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **70**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Crossover
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
1Ethics committee, Tehran University of Medical Sciences
Street address
The central building of Tehran University of Medical Sciences, Qods Street, Keshavarz Street, Tehran, Iran
City
Tehran
Postal code
Approval date
2014-08-31, 1393/06/09
Ethics committee reference number
130/1146

Health conditions studied

1

Description of health condition studied
Heart Surgery
ICD-10 code
I97.1
ICD-10 code description
Other functional disturbances following cardiac surgery

Primary outcomes

1

Description
Sleep quality
Timepoint
The first and five days
Method of measurement
Pittsburgh Sleep Quality Index

2

Description
Hospital Anxiety and Depression
Timepoint
The first and five days
Method of measurement
Hospital Anxiety Depression Scale

Secondary outcomes

empty

Intervention groups

1

Description
Listening to music with headphones. Intervention time during four consecutive days for 20 minutes at 4-6 pm
Category
Treatment - Other

2

Description
In the control group will not be done any intervention and take only routine caring
Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Rajaei Hospital of Alborz University of Medical Sciences

Full name of responsible person
Robabeh Haghverdi

Street address
Shahid Rajaei Hospital - Hesarak - karaj - Alborz

City
karaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person
Masood Younesian

Street address
The central building of Tehran University of Medical Sciences, Qods Street, Keshavarz Street, Tehran, Iran

City
Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Vice chancellor for research, Tehran University of Medical Sciences

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
School of Nursing and Midwifery, Tehran University of Medical Sciences

Full name of responsible person
Robabeh Haghverdi

Position
Student of Nursing in Master of Science

Other areas of specialty/work

Street address
School of Nursing and Midwifery, Tehran University of Medical Sciences, Nosrat Street, Tohid square, Tehran, Iran

City
Tehran

Postal code
3158657796

Phone
+98 26 3280 1285

Fax

Email
Haghverdi110@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
School of Nursing and Midwifery,Tehran University of Medical Scienses

Full name of responsible person
Shahrzad Ghiyasvandian

Position
PHD

Other areas of specialty/work

Street address
School of Nursing and Midwifery, Tehran University of Medical Sciences, Nosrat Street, Tohid square, Tehran, Iran

City
Tehran

Postal code

Phone
+98 21 6642 0739

Fax
+98 66904252

Email
Shghiyas@tums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
School of Nursing and Midwifery, Tehran University of Medical Science

Full name of responsible person
Robabeh Haghverdi

Position
Master Sciences Student of Nursing

Other areas of specialty/work

Street address
School of Nursing and Midwifery of Tehran University of Medical Sciences, Nosrat Street, Tohid square, Tehran, Iran

City
Tehran

Postal code

Phone
+98 26 3280 1285

Fax

Email
Haghverdi110@gmail.com

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty