

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 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

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Name of organization / entity

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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

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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

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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

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Web page address	<i>empty</i>
Sharing plan	Informed Consent Form
	<i>empty</i>
Deidentified Individual Participant Data Set (IPD)	Clinical Study Report
<i>empty</i>	<i>empty</i>
Study Protocol	Analytic Code
<i>empty</i>	<i>empty</i>
Statistical Analysis Plan	Data Dictionary
	<i>empty</i>