

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The survey of effect of preoperative education on anxiety and body image concern in patients undergoing rhinoplasty surgery

Protocol summary

Study aim

Assessing the effect of preoperative education on anxiety and body image concern in patients undergoing rhinoplasty surgery

Design

Clinical trial, with parallel control and intervention groups, randomized. Odd and even cards are used for randomization.

Settings and conduct

Selected hospitals of Isfahan (Alzahra, Kashani, Amin).

Participants/Inclusion and exclusion criteria

Age between 18-40, having smartphone, no history of anti-anxiety medication use, non participation in previous educational program

Intervention groups

Control group receive routine care. For the intervention group, two clips containing simplified surgical techniques and care before and after surgery will be sent to Eta. Researcher and rhinoplasty surgeon at Eta will answer patient question. Anxiety is checked twice and body image concern is checked three times in both group.

Main outcome variables

Anxiety Body image concern

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230701058633N1**

Registration date: **2023-07-17, 1402/04/26**

Registration timing: **prospective**

Last update: **2023-07-17, 1402/04/26**

Update count: **0**

Registration date

2023-07-17, 1402/04/26

Registrant information

Name

Fatemeh Moshtaghi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3753 2428

Email address

moshtaghi.f75@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-23, 1402/05/01

Expected recruitment end date

2023-10-22, 1402/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The survey of effect of preoperative education on anxiety and body image concern in patients undergoing rhinoplasty surgery

Public title

Effect of education on anxiety in patients undergoing rhinoplasty surgery

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Consent to participate in the study Age range between 18 and 40 Candidate for cosmetic rhinoplasty surgery Having smartphone Capability for correct use programs such as Ita Good language communication and ability to

understand Elementary literacy level or higher
Exclusion criteria:
History of previous surgery and anesthesia Previous psychiatric illness Receiving anti-anxiety medication before surgery History of anti-anxiety medication use Using complementary medicine methods one week before surgery Serious illness in body systems Previous participation in preoperative educational program

Age

From **18 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **76**

Randomization (investigator's opinion)

Randomized

Randomization description

An equal number of even and odd codes are written to reach the required number of samples. Then, each person with the entry criteria is told to take one of cards. If she/he takes a card with an even code, she/he will be in the intervention group, and if she/he takes a card with an odd code, she/he will be in the control group.

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

Ethics committee of Isfahan University of Medical Sciences

Street address

Operating room department, nursing and midwifery faculty, Isfahan University of Medical Sciences, Hezar Jarib street

City

Isfahan

Province

Isfahan

Postal code

8174673461

Approval date

2023-05-24, 1402/03/03

Ethics committee reference number

IR.MUI.NUREMA.REC.1402.030

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

2

Description of health condition studied

Body image concern

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Anxiety scores

Timepoint

Measurement of anxiety scores: before intervention, after intervention (before surgery)

Method of measurement

Speilberger State-Trait Anxiety Inventory

2

Description

Body image concern scores

Timepoint

Measurement of body image concern scores: before intervention, after intervention (before surgery), 1 month after surgery

Method of measurement

Littleton Body Image Concern Inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: two video clips will be sent to patients. One clip will contain the simplified technique of rhinoplasty surgery and the other clip will contain preoperative and postoperative cares. After viewing the clips by patients, the researcher and the rhinoplasty surgeon will be online in Eta on certain days from 8:00 to 10:00 PM and answer the patient questions about the clips. The educational content in the intervention group will include two parts: 1. educational module: including information about surgery technique, preoperative cares and management of postoperative complications. 2. answering and solving questions module: presence of

researcher and surgeon on certain days to explain the information, answer the questions and correcting patient mistakes.

Category

Other

2

Description

Control group: the people of this group receive training in a way that is routine and specific to each treatment center. The usual method of teaching patients in different medical centers may be as follows: educational brochure, teaching the patient by the relevant surgeon or nurse, ...

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra hospital, Kashani hospital, Amin hospital

Full name of responsible person

Fatemeh Moshtaghi

Street address

Operating room department, nursing and midwifery faculty, Isfahan University of Medical Sciences, Hezar Jarib street

City

Isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 3753 2428

Email

moshtaghi.f75@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Gholamreza Askari

Street address

Deputy of research and technology, building number 4, Isfahan University of Medical Sciences, Hezar Jarib street

City

Isfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 3668 8138

Email

askari@mui.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Esfahan 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

Esfahan University of Medical Sciences

Full name of responsible person

Fatemeh Moshtaghi

Position

Instructor

Latest degree

Master

Other areas of specialty/work

Surgical technology, operating room

Street address

Operating room department, nursing and midwifery faculty, Isfahan University of Medical Sciences, Hezar Jarib street

City

Isfahan

Province

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8174673461

Phone

+98 31 3753 2428

Fax

Email

moshtaghi.f75@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Fatemeh Moshtaghi

Position

Instructor

Latest degree

Master

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Street address

Operating room department, nursing and midwifery
faculty, Isfahan University of Medical Sciences, Hezar
Jarib street

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Province

Isfahan

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Phone

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Fax

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Person responsible for updating data

Contact

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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

Not applicable

Informed Consent Form

No - There is not 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

Undecided - It is not yet known if there will be a plan to
make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to
make this available