

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of home-based cardiac rehabilitation program on self efficacy of patients referred to cardiac rehabilitation centre.

Protocol summary

Summary

This randomized controlled trial study aims to determine whether continuing cardiac rehabilitation programs at home has positive effects on self efficacy of the participants' in comparison with control group or not. Study population includes all patients refer to ambulatory rehabilitation center 1.5 months after being discharged from hospital. Patients are in the groups of post CABG, MI or PTCA. Base line assessments including Echocardiography and ETT will be done by cardiologist. Inclusion criteria are age between 30-75 years, lack of mobility limiting disease, mental disorders, untreated heart failure, uncontrolled arrhythmias and stable angina. Patients not willing to participate in study or having developed any cardiovascular or musculoskeletal problems during rehabilitation program will be excluded from the study. Sample size is estimated 80 people, 40 in each group. Both groups will receive routine cardiac rehabilitation program in rehabilitation centre. In addition, the intervention group receives education and practical training in various rehabilitation measures along with home visits of a community health nurse in follow-up period. General Self Efficacy Scale (GSES) is used to assess self efficacy between the two groups at baseline and on follow-up period. Collected data from General Self Efficacy Scale will be analyzed using Minitab software and repeated measurement analysis model.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201106086747N1**
Registration date: **2011-06-12, 1390/03/22**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-06-12, 1390/03/22

Registrant information

Name

Sarieh Poortaghi

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 41 1657 9130

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spoortaghi@gmail.com

Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2009-02-01, 1387/11/13

Expected recruitment end date

2010-01-01, 1388/10/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of home-based cardiac rehabilitation program on self efficacy of patients referred to cardiac rehabilitation centre.

Public title

Cardiac rehabilitation and self efficacy

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Aage between 30-75 years; lack of

mobility limiting disease; mental disorders ; untreated heart failure; uncontrolled arrhythmias and stable angina. Exclusion criteria: Not willing to participate in ; having developed any cardiovascular or musculoskeletal problems during rehabilitation program

Age

From **35 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

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

Regional Ethic Committee Office

Street address

Alzahra Research center, Alzahra hospital, South
Artesh St, Baghshomal crossing, Tabriz, Iran

City

Tabriz

Postal code

5138665793

Approval date

2009-02-01, 1387/11/13

Ethics committee reference number

51664

Health conditions studied

1

Description of health condition studied

Cardiac rehabilitation

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

General self-efficacy

Timepoint

Monthly

Method of measurement

General self efficacy questionare

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group will receive routine cardiac rehabilitation program in rehabilitation centre. In addition, education and practical training in various rehabilitation measures along with two home visits (at the end of first and second month after finishing the program)of a community health nurse in follow-up period. General Self Efficacy Scale (GSES) is used to assess self efficacy at baseline and on follow-up period.

Category

Lifestyle

2

Description

Control group will receive routine cardiac rehabilitation program in rehabilitation centre. and General Self Efficacy Scale (GSES) will be completed by them at begining and end of the rehabilitation program. in addition at the end of first and second month after finishing the program GSES will be given to complete.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid madani cardiac rehbsilitation centre

Full name of responsible person

Street address

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Vice challenger for research

Street address

Vice challenger for research, Tabriz University of Medical Sciences

City

Tabriz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tabriz 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**

Tabriz University of Medical Sciences

Full name of responsible person

Sarieh Poortaghi

Position

MSc in public health nursing

Other areas of specialty/work**Street address**

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Full name of responsible person

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Position

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Other areas of specialty/work**Street address****City****Postal code****Phone****Fax****Email****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